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furnished by our representative.

Very truly,
Vitalogy Association

VITALOGY

A Few Sample Pages
of Ruddock's Encyclopedia for
Health and Home
“Vitalogy”



22500457902

V. Guenon
7 South St
Rochdale

Author's Statement

*In the preparation of this book over ten years of labor
and great expense have been devoted to the collec-
tion, both in this and foreign countries, of
Food and Harmless Home Remedies
for all diseases, which neither
injure health nor
destroy life.*

A physician of great eminence, who, at the point of death, was surrounded by a number of his professional brothers. He said: "Gentlemen, I am going out of this world, but it is a satisfaction for me to know that I leave behind me three great physicians to supply my place."

Each of his medical confreres, hoping himself included among the three, begged him to mention their names. He did so: "Water, Exercise, and Diet."

Medicinal Qualities of Vegetables

D R. Joseph Richardson, Professor of Hygiene, University of Pennsylvania, credits the following vegetables with the medicinal qualities noted:

Asparagus, stimulates the kidneys.

Beet, relieves gravel and readjusts certain internal disorders of women.

Carrot, for kidney complaint; used for poultices, powdered seed relieves colic, promotes secretion of kidneys.

Celery, good for rheumatism and neuralgia.

Cucumbers for clear complexion.

Garlic for worms, whooping-cough, stomach and intestinal troubles.

Horseradish, tonic for digestion; promotes secretion of kidneys.

Leek, for ringworms, ulcers, chronic coughs, taken for worms, whooping-cough, shingles, intestinal troubles.

Navy bean, relieves erysipelas; poultice of which may be applied to affected parts with good results.

Onion, promotes digestion; acts on liver by increasing secretion of bile; cure for constipation; taken for worms (animal and man) and for whooping-cough, intestinal and stomach troubles.

Pumpkin seed, good for tapeworms, retention of urine and inflammation of bladder and bowels.

Rhubarb, a purgative and laxative.

Spinach, a skin beautifier.

Tomato, cure for cholera infantum; now used instead of orange juice by some physicians for infants; sliced tomato rubbed on skin is good for freckles and sunburn.

Directions for using and preparing above vegetables are given in "Vitalogy" including many more. Also how to use and prepare more than 500 Plants and Herbs.

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VITALOGY

AN
ENCYCLOPEDIA OF HEALTH AND HOME

**ADAPTED for the HOME, the LAYMAN,
the FAMILY**

E. H. RUDDOCK, M.D.,

Author of "A Text Book of Modern Medicine and Surgery"; "Consumption and Diseases of the Lungs"; "Essentials of Diet"; "The Vade Mecum"; "The Ladies' Manual"; "The Pocket Manual"; "The Stepping Stone"; Diseases of Infants and Children"; Etc.

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Published by VITALOGY ASSOCIATION

431 South Dearborn St., Chicago, Illinois

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WHAT-EVERY-MOTHER-SHOULD-KNOW

WHAT CAN BE DONE IN THE ABSENCE OF A PHYSICIAN IN CASES OF ACCIDENT AND EMERGENCY.

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These and hundreds of other questions are answered in VITALOGY
See General Index 989.



DR. F. MAGENDIE

This celebrated physician and author, in one of his published lectures, writes: When I was chief physician at Hotel Dieu Hospital, Paris, some 3,500 patients passed through my hands during a year. Before my term expired I tried the experiment of giving one-half of the patients that were then present no medicines at all; the rest the usual medical treatment. The former were given, instead, only what is known as "Food and Home Remedies," and, to my unbounded surprise, they all got well—not a single death; while among those receiving medical treatment the customary number of deaths occurred. A second trial yielded a like result, and I was converted. Ever since I have given but little medicine to my patients.

DIVISION ONE

THE HUMAN BODY

(ANATOMY)

Our purpose in this work is to place before the reader such an account of the living body as will enable any one to understand the essential truths concerning the preservation of health, the causes of diseases, and their management.

Anatomy, with which we begin, is the study of the parts or organs of which the body is made up, and of the way in which they are put together.

The Human Skeleton—Two hundred and six bones make up the solid framework of a human body. Of these twenty-eight are in the head and face; one in the throat; twenty-five in the chest; twenty-six constitute the spine or backbone; sixty-four are in the shoulders, arms and hands; and sixty-two in the hips, thighs, legs and feet.

The Spinal Column (backbone)—In the man consists of twenty-six parts, attached in a sort of chain to each other. In very early life they number thirty-two or thirty-three parts; but five of these, at the lower portion of the spine, grow together into one bone (the sacrum), and later, the very last three or four (below the sacrum) unite, making the os coccygis, which is the rudimentary or undeveloped tail of man. Each of these links in the spinal chain is called vertebrae; all animals having backbones being called vertebrates. They constitute the highest division of the animal kingdom; with man at the summit of the whole series. Between each two vertebrae is a piece of gristle, or cartilage. These elastic pieces act like the springs of a carriage, or railway car, preventing jarring in the movements of the body.

One bone, the hyoid, or U-shaped bone, in the throat, does not touch any other bone. It forms the base of the root of the tongue, and has several muscles and ligaments attached to it.

The Thorax, or chest, is made of the breast bone (sternum) in front, twelve ribs on each side, and the dorsal part of the spine behind. Naturally, it is largest below the middle ribs. Tight-lacing spoils this shape, by narrowing the chest below, to the great disadvantage of the heart and lungs, which are contained within the thorax, injuring the health and often shortening life.

Below the chest are the hip-bones; with the wedge-shaped sacrum between them, including the cavity called the pelvis.

The upper extremity of the body consists of the shoulder, arm, forearm, wrist, and hand. For the shoulder there are two bones in man; the shoulder-blade (scapula) and collar-bone (clavicle). In the arm proper there is only one long bone, the humerus. The

PROFESSIONAL REMEDIES.

Latin.		CHOLERA MORBUS.	English.	
Take		Take		
Acetum	16 drachms.	Vinegar	$\frac{1}{2}$ glassful	
Piper Niger	4 "	Black Pepper	1 tablespoonful	
Chloride of Sodium	3 "	Table Salt	1 "	
Aqua pura	16 "	Water	$\frac{1}{2}$ glassful	
Dose, 1 tablespoonful every hour.		Dose, 1 tablespoonful every hour.		
Latin.		GRAVEL.	English.	
Take		Take		
Sodii Boras	1 ounce	Borax	1 tablespoonful	
Potasii Bitartaris	4 drachms	Cream Tartar	1 "	
Aqua pura	1 pint	Water	1 pint	
Dose, 2 tablespoonfuls every 4 hours.		Dose, 2 tablespoonfuls every 4 hours.		
Latin.		DIABETES.	English.	
Take		Take		
Pulvis Cretæ	$\frac{1}{2}$ ounce	Pulverized Chalk	1 teaspoonful	
Dose, 1 teaspoonful in a glass of milk three times daily.		To be taken in a glass of milk three times a day.		
Latin.		EARACHE.	English.	
Take		Take		
Pulvis, Piper Niger	$\frac{1}{4}$ drachm	Pulverized blk. pepper	$\frac{1}{4}$ teasp'ful	
Oleum Olivæ	$\frac{1}{4}$ "	Sweet Oil	$\frac{1}{4}$ "	
Wrap the former in lock of cotton, moisten with the latter and insert in the ear.		Wrap in lock of cotton, moisten with sweet oil and insert in ear.		
Latin.		SUMMER COMPLAINT.	English.	
Take		Lime water	1 teacupful	
Aqua Calcis	1 gill	Dose, 1 teaspoonful three times a day. Directions for making lime water, see page 447,		
Dose, 1 teaspoonful 3 times a day.				
Latin.		SCIATIC RHEUMATISM.	English.	
Take		Take		
Spiritis Terbinthinum		Spirits of turpentine		
Dose, $\frac{1}{2}$ teaspoonful twice a day.		Dose, $\frac{1}{2}$ teaspoonful twice a day.		
Latin.		MALARIAL DISEASES.	English.	
Take		Take		
Citrus Limonum	4 ounces	Lemon juice	1 teacupful	
Aqua pura	8 "	Water	$\frac{1}{2}$ pint	
Dose, 1 tablespoonful three times a day.		Dose, 1 tablespoonful three times a day.		
Latin.		CHILLS AND FEVER.	English.	
Take		Take		
Eupatorium Perfoliatum Infusum		Boneset tea		
Dose, $\frac{1}{2}$ teacupful before meals.		Dose, half teacupful before meals.		
Latin.		WORMS.	English.	
Take		Take		
Chenopodicum Anthelminticum,		Worm seed, pulverized	$\frac{1}{2}$ ounce	
Pulv.	4 drachms	Dose, 1 teaspoonful before each meal.—Dr. E. H. Ruddock.		
Dose, 1 teaspoonful before meals.				

From the foregoing it is readily seen that the original cost of many prescriptions is comparatively nothing, and that we often think we are getting something wonderful, when, in fact, it is only something wonderfully simple.

Carrot-Poultices—Boil carrots quite soft, mash them with a fork, and apply in the ordinary way. They are said to make wounds cleaner and healthier.

Use of Poultices—Poultices are chiefly useful in the following complaints: Pneumonia, pleurisy, bronchitis, pericarditis, peritonitis, acute rheumatism, lumbago, and to mature and facilitate the discharge of matter in abscesses, boils, etc.

Brown Sugar and Soap Poultice—Mix equal parts of the sugar and soap; very valuable for boils.

Hop-Poultice—Boil a handful of hops for a few minutes in a pint of water in a covered vessel; squeeze out the juice and strain; the liquor is now to be put again on the fire and thickened with Indian meal, and a small portion of lard is to be added while it is cooling.

Onion-Poultice—Made in the same way as the carrot-poultice. This is stimulating and induces indolent sores to mature more freely. It is excellent for boils.

Hot Water—In bruises, hot water is most efficacious, removing pain and totally preventing discoloration and stiffness. It has the same effect after a blow. It should be applied as quickly as possible, and as hot as it can be borne.

Flour-and-Ginger Poultice—Equal parts of flour and ginger should be applied in poultice; is excellent for “drawing boils to a head.”

Potato-Poultice—Boil the common potato, mash or bruise soft, and then stir in the slippery-elm bark. This poultice has been used with success in inflammatory sore eyes of an acute character, when other means have failed.

Raw Potatoes—Grated and applied in the form of a poultice is excellent for burns and scalds.

Mustard-Poultice—A sufficient quantity of powdered mustard should be taken to make a thin paste. This should be mixed with boiling water, with a small quantity of vinegar added, if a very strong poultice is required, and spread on brown paper or cloth, with a piece of thin muslin over it.

A mustard poultice should generally be kept on from ten to twenty minutes. If the skin is very irritable afterwards, a little flour should be sprinkled over it. This will remove the burning sensation. It is said that if the white of an egg is used to mix the mustard with, it will prevent it from blistering.

Ginger-Poultice—Wet flannel in hot vinegar and sprinkle on ground ginger—good for toothache.

Oat or Corn-Meal Poultice—Place hot water in a basin and stir in the meal slowly while it boils till the poultice is of the right thickness; that is, till it will not run on the cloth on which it is spread.

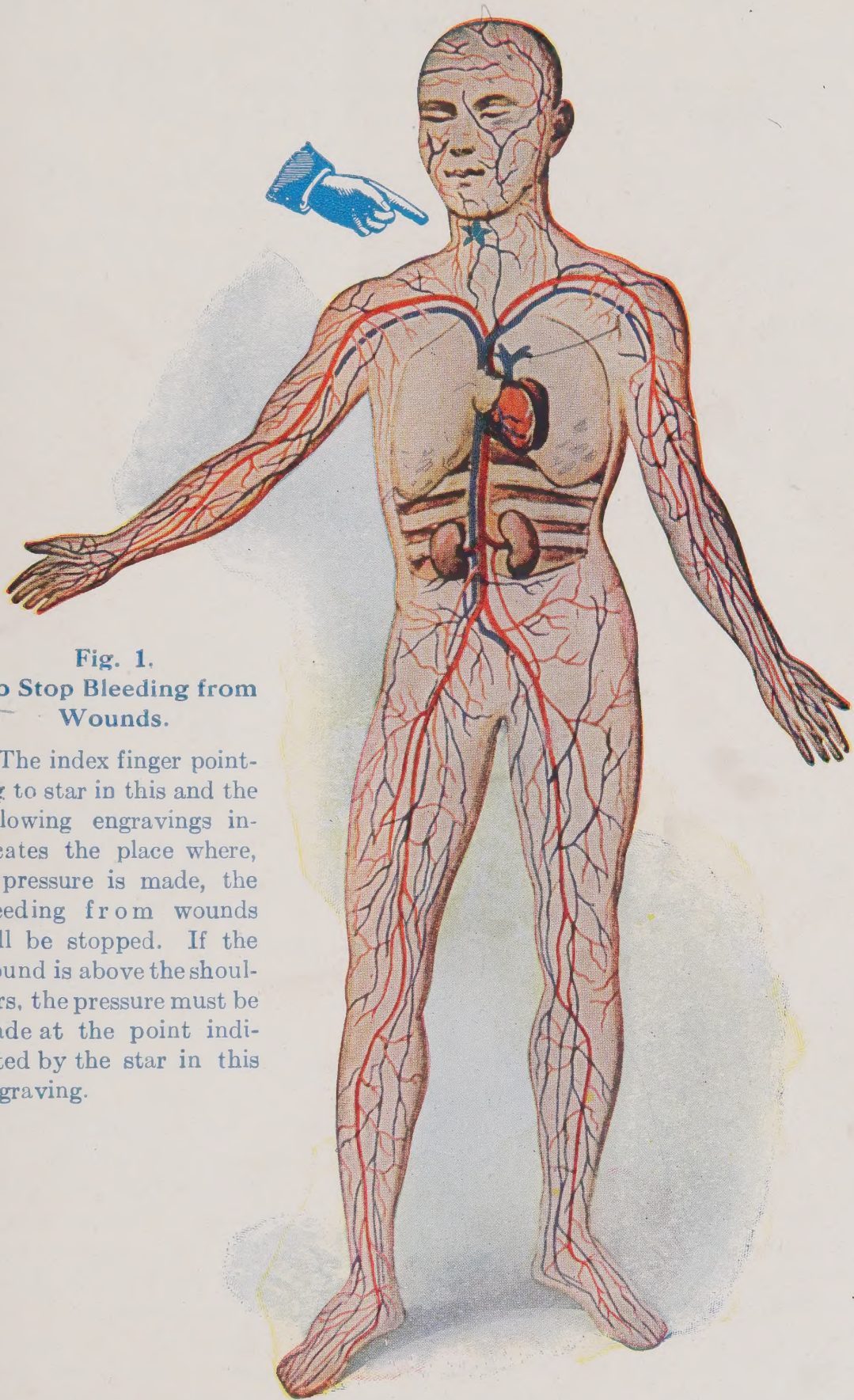


Fig. 1.
To Stop Bleeding from Wounds.

The index finger pointing to star in this and the following engravings indicates the place where, if pressure is made, the bleeding from wounds will be stopped. If the wound is above the shoulders, the pressure must be made at the point indicated by the star in this engraving.

Life may be often saved by having at hand the above directions.

LEMON REMEDIES.

If the people only knew the many curative virtues of lemon, in different diseases, it would not only save suffering and human life in thousands of instances, but vast sums of money that are paid in doctors' bills.

Felon—*A Chinese doctor says: "I always cure felons with lemon." Cut off the end, insert the finger in the lemon and bind it on. In the morning the matter will be drawn almost to the surface, when it can be removed with a penknife. When taken in time it will scatter the felon.*

Sure Cure for Colds and Coughs—ROASTED LEMON, WHEN PROPERLY PREPARED, IS ONE OF THE MOST EFFECTIVE REMEDIES KNOWN FOR THE CURE OF COLDS AND COUGHS, ESPECIALLY THOSE OF LONG STANDING. FOLLOWING ARE DIRECTIONS FOR ITS USE: It should be roasted or baked in a moderately heated oven for about half an hour, or until it begins to crack open or the juice begins to exude. Dose, from one-half to a tablespoonful of the juice, sweetened to the taste, taken before each meal, and again before retiring at night. In severe cases take it every three or four hours.

Biliousness—LEMON IS ONE OF THE BEST REMEDIES KNOWN FOR THE CURE OF BILIOUSNESS, BEING FREE FROM ANY OF THE INJURIOUS EFFECTS THAT PILLS HAVE. (See page 80 for the mode of using it.)

Malarial Diseases—To the juice of half a lemon add two tablespoonfuls of water and a tablespoonful of sugar; take at a dose. Repeat three times daily. Take no medicine, and in a few days the disease will have abated.

Erysipelas—Lemon juice has cured erysipelas when all other means have failed. (See page 154 for its use.)

Scarlet Fever—The lemon cure is described on page 176, where a medical practitioner states that he can cure forty-nine cases out of fifty with the lemon treatment.

Diphtheria—*This dangerous disease can be cured with lemon juice. Patients apparently in the last stages have been saved by this remedy. Mrs. Loveland, of Buffalo, N. Y., had a daughter so far gone with diphtheria that the attendant physicians had given up the child to die. After the doctors were gone and the family was in despair, a friend suggested a trial of the lemon remedy as found in this book. It was accordingly administered and the patient began to improve almost as soon as the first dose was given. When the doctor returned the next morning expecting to write out the certificate of death he was startled to find the child well on the way to recovery. Asking in surprise if they had given his last remedy, Mrs. Loveland said, "No, doctor, we did not. You said Clara would not live, and we decided as a final resort to give her the lemon remedy." "Oh," said the doctor, "I've heard that it is an excellent remedy." When asked why he did not himself administer it, his only reply was that it was not professional.*

It is to be used as follows: The throat should be gargled with the juice every hour or two, and at the same time from a half to a teaspoonful swallowed. This cuts loose the false membrane in the throat and permits it to come out. In case the clear juice is too strong it may be diluted with water.

SAVING MONEY.—Three articles alone in this book, viz.:

**LEMON REMEDIES,
SALT REMEDIES and
KEROSENE OIL REMEDIES,**

will be the means of saving in a family a large part of its doctor bills, besides much suffering, while the time and suffering saved by curing with these simple remedies, at the beginning of the disease, will be of still greater value.

Captain Cook prided himself more on losing only one man during his long voyage of discovery than on the discoveries he had made; and he tells of the invaluable aid he had obtained in the use of lemons and oranges for preventing or curing scurvy. Lemon juice is of well-known use in the cure of rheumatism. There are in Germany many institutions where the fruit cure is employed with remarkable success in cases of rheumatism, anaemic and digestive troubles. Fruit is rather a necessary ally than an independent food. Its antiscorbutic action keeps the body healthy; and the sugar it contains is readily digestible. With meats that are fatty it has been associated from time immemorial—apple sauce with roast goose or pork and more recently cranberry sauce with turkey. The fatty properties of meat are, Addison says, “corrected” by the fruit. Let no fruit grower be alarmed at the vast development that has recently been made in his industry. There is no fear that more fruit will be produced than people can consume. (See page 623 for its uses.)



LEMON TREE.

The Lemon, as Medicine a Marvelous Gift to Man.

There is but one other thing in the whole range of Medical Science that will cure as many different diseases as will the Lemon. Twenty-two different diseases can be cured with the Lemon alone; that is, the citric acid in the Lemon will destroy the bacteria or germs of twenty-two various diseases, as hereafter shown. If the people knew how to use the Lemon as medicine, as given in the following pages, they would save an enormous amount of suffering and vast sums of money now spent in doctor's bills.—Dr .S. Asada.



COAL OIL A PANACEA FOR MANY ILLS.

The Russians used crude coal oil for medicine for ages before the product came into use for lighting purposes.

Upon examination of the following pages one will be surprised to see how many different diseases it will cure.

The above has been known for many years as the **Health Spring in southern Russia** and the oil was termed Mecca Oil. Thousands of people came there to secure some of this marvelous fluid that was known to cure various diseases.

Dr. Poulaski, Warsaw, very truly says: "If its curative properties were everywhere known by the people it would be a great blessing to them."

The following pages shows some of the different diseases that are cured by this simple means.



MRS. C. L. CHASE
Aged Fifty-nine Years; Was a Resident of Tokyo, Japan,
for Twenty Years

THE SECRET OF BEAUTY

Mrs. Chase's face, at the age of fifty-nine years, was as smooth and free from wrinkles as at twenty-five. She used the simple Japanese method as given on page 886.

By use of this remarkable discovery every lady may regain the bloom of youth.

CARE OF SKIN, COMPLEXION AND HAIR

To Beautify the Hands—To a wineglass of glycerine add the yolk of two eggs. Mix very thoroughly or rub in a mortar and bottle for use. No better preparation can be had for the hands.

For Whitening and Softening the Hands.—To one pint of cider vinegar add one ounce of saltpetre. This is one of the best preparations for the hands.

Brittle Nails—If the nails break easily, they should be soaked every night in slightly warm sweet almond or olive oil. The liquid may be put into a cup at a depth just sufficient to cover the finger tips. The same oil may be used several times. The soaking should be for ten minutes at least.

Hangnails—For a hangnail use collodion or new skin to coat the injury and give it a chance to heal.

Nail Biting—Both grown persons and children are aided in breaking the habit of biting their nails by dipping the finger tips in aloes. The following is also an excellent nail varnish for nail biters: Alcohol, $1\frac{1}{4}$ ounces; Chinoidin, $\frac{1}{4}$ ounce; Gum mastic, $\frac{1}{4}$ ounce; Gum myrrh, $1\frac{1}{8}$ ounces. Mix. Let stand 48 hours, shaking the bottle occasionally. Apply with camel's hair brush. The preparation can be removed with either alcohol or hot water.

Nails are, as everyone knows, easily injured, and being so sensitive are very indicative of the person's state of health. A healthy person's nails grow quickly, and if the hands have never been abused or neglected, the nails grow out quite smooth and clear, showing the rosy skin underneath.

Ribbed or Ridged Nails—These are usually caused by a run-down system, old age, or sometimes by too much friction in polishing the nails. They can be cured if it is possible to find and remove the cause.

White Spots—White spots on the nails are generally caused from lack of care in manicuring. Be careful in pushing back the cuticle on the nail, that the air does not get under it. This removes the nourishment, and makes spots.

Sweaty Hands—For excessive sweating of the hands, paint the palms once or twice a week with a solution of ten grains of chromic acid in one ounce of water. This stains the skin yellow for a time. If that is objectionable, sponge the palms daily for a week with a solution of half an ounce of aluminum chlorid in two ounces of water. Or apply each night to the palms a pea-sized piece of the following ointment. Formalin, half a dram; menthol, two grains; lanolin, half an ounce; petrolatum, half an ounce. Or use a powder, once a day, for the hands made of boric acid, 98 per cent; salicylic acid, 2 per cent.

Ammonia for Hands—A drop or two of household ammonia in the water, when washing windows, dishes, etc., is very good.

Other remedies for chapped hands follow. Mutton suet 3 parts, lanolin, 6 parts, boric powder, 1 part. Melt suet and lanolin. Add boric powder, stir lightly until cool. Pour into moulds to harden.



SUN BATH

New methods of using sunbeams for curing disease. See page 831.

Restores the feeble and invigorates the debilitated better than any drug remedy ever compounded by the druggist. The Ultra-violet rays admitted through quartz glass have wonderful healing qualities.

DIVISION FIVE

GENERAL DISEASES CONTINUED-- NERVOUS, ETC.

NERVOUS DISEASES

Of all diseases incident to mankind, those of the nervous system are the most complicated and consequently difficult to cure. A volume would not be sufficient to point out their various symptoms in their infinity. They imitate almost every disease that falls to the lot of suffering humanity, and are seldom alike in two different persons, or even in the same person at different times. Proteus-like, they are continually changing shape, and upon every fresh attack the patient thinks he feels symptoms which he never experienced before. Nor do they only affect the body, the mind likewise suffers and is thereby rendered extremely weak and peevish. The low spirits, timorousness, melancholy and fickleness of temper which generally attend nervous disorders induce many people to believe that they are entirely diseases of the mind; but this change of temper is rather a consequence than the cause of nervous diseases.

Causes—Everything that tends to relax or weaken the body disposes it to nervous diseases; as indolence, excessive venery, drinking too much tea or other weak, watery liquors, frequent bleeding, purging, vomiting, etc. Whatever injures the digestion, or prevents the proper assimilation of the aliment, has likewise this effect; as long fasting, excess in eating or drinking, the use of windy or gaseous, crude or unwholesome aliments, an unfavorable posture of the body, etc.

Nervous disorders often proceed from affections of the mind; as grief, disappointment, anxiety, intense study, etc. Indeed, few studious persons are entirely free from them. Nor is this at all to be wondered at; intense thinking not only preys upon the spirits, but prevents the person from taking proper exercise, by which means the digestion is impaired, the nourishment prevented, the solids relaxed, and the whole mass of fluids vitiated. Grief and disappointment likewise produce the same effects. I have known more nervous patients who dated the commencement of their dis-

3. A teaspoonful of tincture of iodine well worked into a piece of lard the size of a walnut may be applied once only for chilblains, for which it is a valuable remedy, but if the skin is recently broken this would prove too painful.

Chills and Fever—Apply equal parts of spirits of turpentine and chloroform to the back of the neck and along the spine, also across the small of the back. Repeat thrice daily. This has cured many cases of chills and fever. See Fig 21.

Cold—To cure in thirty minutes. Any cold may be cured inside of thirty minutes, if the following simple remedy is promptly used:

Spirits of camphor 10 drops
Hot water 1 pint

Mix well and drink or sip all of it as hot as it can be swallowed.

When through, the cold in most cases will already be gone, if not, remain where it is warm and the air is fresh, breathing deeply and holding each breath one-half minute, and the cold will vanish in a few minutes. A cold is the result of congestion of the capillary vessels (stoppage of the pores). This simple remedy opens the pores and cures the cold. If cold has affected the lung cells, the breathing exercise will force these open again and the normal condition be restored. *Caution*—The remedy must follow the exposure quickly, as it can not be expected to cure so speedily a deep-seated or chronic cold.

Cold in Head or Coryza—In some cases of acute coryza (cold in head) with sneezing a very watery running at the nose, watering and itching of the eyes and frontal headache, much relief is found from inhaling the fumes of iodine by breathing the steam from a pint of boiling water containing ten to twenty drops of tincture of iodine or by sniffing the fumes from the bottle held in the hand, the heat of the hand disengaging the vapor of iodine.

Cough—Bronchial. One ounce each of horehound and yellow dock, over which is poured a quart and a half of boiling water. Simmer for three hours, adding more water as it boils away. Strain, adding a pound and a half of sugar and boil to a syrup. A small tablespoonful may be taken several times a day.

Coryza or Cough—One ounce of citrate of soda, one ounce of glycerine and the juice of a lemon dissolved in a pint of flaxseed tea, flavored with three or four drops of peppermint. Dose, a tablespoonful every two hours for two or three days, for a child a teaspoonful is the dose.

Colic—Flatulent. Add one drop of oil of peppermint to half a glass of hot water and drink as hot as possible. It is seldom necessary to repeat the dose, as one dose will usually give instant relief.

For Colic or Bellyache—Hot applications, preferably moist heat, in the form of hot turpentine stupes for adults, that is, a cloth wrung out of water as hot as possible, with two or three drops of turpentine sprinkled on the cloth just before it is applied to the

belly, and a dry flannel over all. The cloth must be changed every few minutes, but no more turpentine should be applied. In the case of very young children, the turpentine should be omitted.

Corns—The best treatment for corns is going barefoot. If you can continue such treatment six or eight weeks it never fails to cause all corns to disappear. The next best thing is a solution of thirty grains of salicylic acid in half an ounce of flexible collodion. This is painted on the corn once daily for a week or two.

Constipation—Persons with a tendency to constipation are helped by using a diet in which bulky foods, such as celery, cabbage, asparagus, lettuce, spinach, onions, raisins, figs, prunes, and other fruits eaten with their skins, bran eaten as a cereal and in the form of bread, form a large part. In addition, some are helped by the use of agar-agar added to the dessert.

Diet—Use bran, fruit and vegetables in quantities, at least daily.

Others need vegetable acids, such as oranges, lemons, apples and fruit juices of various kinds. Others are helped by foods producing slight gas formation, such as spinach, onions, cauliflower, honey and molasses. Still others need a lubricant, and for them mineral oil or olive oil bring about the desired results. For those needing mineral oil, the Upham method is recommended—equal parts of oil and grape juice, with an ounce of mucilage of acacia to each pint of the mixture.

Many doctors who have made a special study of the subject, advise that two glasses of water (warm or cold) be taken immediately upon arising.

Massage for Constipation—Place the hands against the abdomen, with the heel at the side and the fingers extending horizontally toward the navel and middle line. Massage the small intestine by pressing with the fingers. Ten seconds later press deeply against the ascending and descending colon located on the sides, using the heel of the hands. Fifteen seconds later, repeat the pressure by the fingers, following with pressure by the heel of the hands. Continue slowly for five minutes. Some people use one cake of fresh yeast three times a day with advantage.

Flax for Constipation—From a teaspoonful to a tablespoonful of the unground flax seeds may be washed down with water, once or twice daily. This accomplishes satisfactorily the purpose for which expensive preparations like agar are much used nowadays—natural stimulation of the peristalsis (wave movements in the alimentary tube).

Olive or sweet oil for constipation. Especially beneficial for children is the use of olive oil or sweet oil, applied to the spine of the child at the points shown on the cut on Fig. 27. Renew the applications three times a day until the child is relieved.

Senna with Prunes and Figs for Constipation—This receipt does not call for cooking. Take a pound of dried figs and a pound of dried prunes, wash well. Remove the stones from the prunes,

TONSILITIS (Hypertrophy or Tonsilaris)

The common acute tonsilitis of children and young adults is an acute inflammation and swelling of the tonsils with redness of the throat and soft palate around them, and usually an accumulation of yellowish-white cheesy masses of secretion on the surface of the swollen tonsil at the orifices or mouths of the lacunae, or follicles,—crypts or openings.

With ordinary tonsilitis there is fever, dull headache and the familiar aches and pains of acute infections generally. In children there may be little or no complaint of soreness in the throat or pain on swallowing, and hence the nature of the illness may be unrecognized unless the throat is examined.

Children or young adults who have chronically diseased tonsils are liable to acute attacks of this kind at frequent intervals. When three successive attacks have occurred within three years, it is time to have the tonsils removed.

One with tonsilitis should go to bed at once and remain there for the duration of the illness, even though he still feels strong enough to fight it. Disobedience of this rule is accountable for many a serious complication, particularly in the way of valvular lesions of the heart.

Remedies. 1—Gargling with a solution of all the boric acid any amount of boiled water will take up, as hot as possible every hour, will accomplish as much and more than any nostrum.

2. Cold compresses kept on the throat, changed every hour, for a day or two, give more relief where there is much soreness or rawness, than any other application. A cold compress consists of two or three yards of cheesecloth folded into a pad 4 or 6 by 8 or 12 inches, and wet with ice cold or very cold water, applied to the throat and covered with oiled silk or wax paper, or woolen flannel.

3. A well-known throat specialist recommends this prescription: Syrup of iodide of iron, half an ounce. Cod liver oil, three and one-half ounces. Dose: A teaspoonful after meals. Take until very warm weather sets in.

4. Try gargling with common baking soda, one teaspoonful to a glass of warm water. This is such a simple remedy that people should know more of it.

5. Paint the throat with equal parts of glycerine and tincture of iodine. Internally: Five grains of salicylate of soda every three hours for several doses. Be sure to keep the bowels open.

COLDS AND COUGHS

Most persons affect to despise colds; and as long as they can walk about, scorn to be confined by what they call a *common cold*. Hence it is that colds destroy such numbers of mankind. Like an enemy despised, they gather strength from delay, insidiously destroying until at length they become incurable.

Dr. Rogers of the New York Life Insurance Company is of the same opinion. In a circular issued by the medical examiners of his company, Dr. Rogers gives the following table of blood pressures at different ages, and another list of figures as being the top limits of safety for each age:

Age	Average Pressure	Top limit of normal
20	120	135
30	123	138
40	127	142
50	131	147
60	136	152

This means, for example, that men 50 years of age, with a systolic pressure of 131, is normal; but if his pressure is over 147, he must live right, if he would live long, though he had no Bright's disease or other sign of disease.

It is important to recognize high blood pressure and change one's wrong habits accordingly, at a time when the only proof is that given by the blood pressure apparatus. If the disease has progressed beyond the early and milder stage, the symptoms which begin to be noted are occasional palpitation of the heart, short winded, and slight pain around the heart on exertion, headache, dizziness, loss of mental alertness, and sleeplessness. If a mild degree of high blood pressure is established, the call is for some change in habits. Dr. Rogers says that such persons do best on a rather scanty diet, with very little animal food. They should avoid coffee, alcohol and tobacco. Many hold that the use of salt should be restricted. All possible sources of infection should be eliminated. They should have exercise in moderation out of doors, and their hours of sleep should be long. Constipation must not be allowed to continue. He advocates the use of frequent, abundant enemas, taken in the recumbent posture, rather than allowing constipation to continue. He advocates the use of bran, agar and of mineral oil.

He does not approve of the use of saline laxatives.

If the disease is still more advanced a period of prolonged rest in bed is advised.

Preventives—Avoid constipation, use freely of wheat bran, mineral oil or warm enemas. Emotional strain is harmful.

Diet—The individual whose blood pressure is high may eat practically all vegetables, especially celery, tomatoes, radishes, cucumbers, carrots, cabbage, turnips, olives, potatoes, lettuce; he may have vegetable soups made with milk and vegetable pulp bread of coarse flour twenty-four hours old, gluten bread and bran toast, muffins and rolls; for beverages there are milk and buttermilk, fruit juices and cereal coffees; cereals include flakes, puffs, shreds and other ready-to-eat varieties; eggs may be used with great discretion, watching the effect of the white on the bowels; desserts may seem tame and uninteresting, but may be made delicious; they should include fruited gelatins, fruit ices, tapioca, rice and sage puddings, with fruit sauces and other starchy and fruity dishes.

of these is the extreme frequency of disease of the gall bladder. It is now known that in fully half the cases formerly regarded as indigestion or disease of the stomach, the real trouble is not in the stomach at all but in the gall bladder.

According to recent observers, the liver produces nearly a quart of bile every twenty-four hours. The discharge of bile from the liver into the intestine is not continuous. The inner opening of the main duct which conveys bile from the liver to the intestine is guarded by a circular muscle known as the sphincter of Oddi. Ordinarily this sphincter remains in a state of contraction and closes the opening so firmly that considerable pressure is required to overcome it. The gall bladder stores up the bile in the meantime. When food passes from the stomach into the intestine so that sugar, fat, digested food or acid gastric juice comes in contact with the mouth of the bile duct, the sphincter relaxes and allows an escape of bile. In some cases there seems to be a tendency to the excessive retention of bile, and in such cases the taking of food at frequent intervals may be found advantageous. Intermediate meals of fruit may be taken without interfering with regular meals. But only fruit should be taken. Ripe fruit taxes the digestive organs so little that it may be taken at almost any time without disturbing digestion.

Deep Breathing—Is another means by which the discharge of bile into the intestine may be encouraged. When the lungs are expanded to the fullest extent, the pressure upon the liver and the gall bladder is sufficient to overcome the resistance of the sphincter of Oddi, and so the bile is forced into the intestine. The importance of encouraging the elimination of bile by deep breathing will be recognized when it is remembered that the bile is the most highly toxic of all the secretions of the body. Bouchard showed many years ago that the bile is six times as poisonous as the urine.

Avoid—The free use of meat, excessive consumption of fats, the use of tea and coffee and especially constipation. Alcoholic drinks, excessive use of pepper and aromatic sauces impose so great burdens upon the liver that its efficiency is often crippled. Thousands of people are suffering from this condition, which is commonly known as biliousness and for which large quantities of calomel, mineral waters and other like means are daily swallowed for the temporary relief which they sometimes afford. Avoidance of the causes of these disorders and the use of such natural means of aiding the liver as deep breathing and proper regulation of the diet, are much more rational than the habitual use of "liver tonics" and other drugs supposed to act upon the liver which, as a matter of fact, do not increase its activity or aid it in its work. Changing the intestinal flora and increased bowel activity are the most efficient means of combating biliousness. See diet list, page 174.

CHRONIC RHEUMATISM (*Rheumatismus Longus*)

This sometimes follows the acute form of rheumatism; at other times it is a separate constitutional affection, coming on quite independently of any previous attack. It is generally very obstinate, prone to recur and is often worse at night. In time the affected limbs lose their power of motion, and lameness results, the knee-joint being often affected; sometimes there is emaciation of the muscles; sometimes permanent contraction of a limb, or bony stiffness of the joint. There is but little fever, no perspiration and less swelling than in acute rheumatism. It may be limited to one part of the body, or extend to several; it may be fixed, or shifting.

Remedies—1. Take four tablespoonfuls of kerosene oil, and two of neat's foot oil. Mix, and anoint freely twice a day. At each application, warm the parts thoroughly by the fire. As an external remedy this is gaining much notoriety, as many cases of diseased and swollen limbs have been cured with it in two or three weeks, where the patient had been unable to walk for months.

2. The following remedy has been sent across the continent several times, to those who were afflicted with rheumatism:

Take, of

Oil of cedar.....	1 ounce.
Hartshorn	1 “
Spirits of camphor.....	1 “
Spirits of turpentine.....	1 “
Tincture of capsicum.....	1 “
Alcohol	1 pint.

Mix. Apply twice a day. If the parts are tender, use a feather or camel's-hair brush. The use of this remedy has been attended with almost uniform success in the treatment of chronic rheumatism.

3. There has recently been published as an effectual cure for rheumatism the following, and we give it space here: “Take garden-celery, cut it into small pieces, and boil in water until soft. Of this liquid, let the patient drink freely, three or four times a day. It is recommended, at the same time, to use it as an article of diet, prepared as follows: Put new milk, with a little flour and nutmeg, into a saucepan with the boiled celery, serve it warm with pieces of toast, and the painful ailment will soon yield. Such is the declaration of a physician who has again and again tried the experiment, and with uniform success.” From the many cures performed by the use of celery, a preparation of it designated *Celerina* is made, and on sale at all first-class drug stores, being prescribed by the best physicians.

4. A French author gives the following, as one of the best remedies used in the hospitals of Paris: “One ounce of powdered

HOW TO KEEP INFANTS AND CHILDREN HEALTHY.

Why nearly one-half of the children die during childhood.
Covering the face of infants ; its injurious and dangerous effects.
Improper clothing a cause of disease of children.
Injurious effects from improper bathing of children.
Many improperly aired bedrooms are death traps to children.
Seeds of disease can be found in children's cradle beds.
Injurious effects of soothing syrups and sleeping medicines.
What to do or give in place of sleeping medicines.
Simple but cruel methods of punishing children.
Better way to accomplish the purpose desired.
Proper food for infants during first six months.
Best food to give during next eighteen months.
Instructions in regard to teething.
Proper time for weaning.
Instructions in regard to weaning.
Best food to give after weaning.
How good and bad traits are transmitted to children ; they are governed by natural law and not by accident.
When and how to mould desirable physical and mental traits in children.
The cause of bad dispositions in children and how to avoid it.
How to implant in children generous dispositions.
Special information to mothers of more value to her children than all drug remedies in the world.

A Mother's Prize—Dr. A. Wolford, professor of the Maryland Surgical and Medical Institute, says: "This division of Vitalogy for children"—of which the foregoing are some of the subjects treated—"is the most valuable treatise on children I ever examined. It should by ALL means be in the hands of every mother, and in case anyone is not able or has no one to obtain it for her, the state authorities should put it into her hands.

When I was in Japan I was greatly surprised to find the **Japanese children** so **infinitely** more healthful than ours, and not only children, but those of adult age, all of which is to be attributed to the fact of their using home remedies in place of drug medicines. No wonder there is so much sickness and misery in this country.

Ill-begotten and ill-bred children—For nearly all women are commissioned as young wives and mothers before they know the first rudiments of rearing children. And the worst feature is but few afterwards are provided with the means of information that will take them out of this slough of ignorance."

DIVISION SEVEN

CARE OF CHILDREN

Breast Milk, Cool Baths in Summer, Protection from Contagious Diseases Are Important

The care of the baby begins long before the baby comes into the world. Every baby has a right to a healthy mother and father. The mother can do many things to keep herself well and to make the baby strong during the months before it is ready to be born, so that the baby will have every chance to be born healthy.

Motherhood should cause no fear of trouble. Giving birth to a baby is natural and normal.

The first twelve months of life form the period of greatest growth, a growth which is comparable only to the foetal development of a human child. And if, from the first day, nutrition can be maintained, this marvelous growth will continue almost uninterrupted.

The most nearly perfect nutrition possible for the new born baby is breast milk. It is sterile, it is always ready and it contains in correct proportions the food elements necessary to normal growth. For the first months the entire diet ought to consist of the mother's milk and when this is impossible, and artificial feeding is indicated, breast milk ought to form at least part of the diet.

Cool Baths in Summer—In the care of the new baby the rules of protection are equally important as the rules of proper feeding. In winter, warmth must necessarily be provided and in summer the discomfort of the heat must be mitigated by means of cool baths, cool drinks, and as little clothing as possible. Extremes of either temperature are harmful to a young baby and can not be too carefully avoided.

In protecting the new baby against infection it is necessary to give sensible attention to the condition of the eyes, nose, mouth, ears, umbilicus and skin. Cleanliness is, of course, of great importance in attaining the baby's ultimate comfort and well being, but over zealousness in the matter often leads to needless irritation. When it is actually necessary to cleanse the

MANY BABIES DIE EACH YEAR BECAUSE OF THEIR PARENTS IGNORANCE

**Intelligent Feeding and Proper Care of the Mother Before and
After Childbirth Would Reduce Mortality**

READ THIS CAREFULLY

"The child is the adult of tomorrow.. The kind of food a child has today determines to a considerable extent the fitness of the future citizen. Those who direct the feeding of the child have a responsibility which cannot be overlooked. Good food habits should start today. Tomorrow may be too late." "Diet for the School Child." See page 456.

Feed children in a matter of fact way. Avoid coaxing—it usually does not help, in fact it usually aggravates the condition. Be sure that your child is well, insist on plenty of rest, have the surroundings calm, be firm and consistent. You will then succeed. Remember that no habits can be formed in a day. It takes time and patience to succeed in anything.

The Baby—Breast feeding is Nature's method and its importance cannot be overestimated.

Breast milk is Nature's food for the baby, and no other kind of food, no matter how prepared or how much advertised, in any way compares or approaches breast milk for the baby. The expert can tell, at almost a glance, the breast fed baby from the artificially fed baby. No other type of feeding approaches the fine development and well being in the baby as breast milk. Breast feeding not only properly nourishes the baby, but the breast milk in itself protects the baby against many of the dangers of disease. Eighty-five out of every 100 babies who die during the first year of life are babies who have been deprived of mother's milk. If you do not nurse your baby, there are ten times as many chances that he will not live through the first year as there are if you do nurse him. Not only this, but the baby who is breast fed through his first year has an insurance of future health which is denied to the artificially fed child.

In most instances the "breast milk not agreeing with the baby" is the result of overfeeding, underfeeding, or feeding at irregular or too frequent intervals. If the baby is not gaining properly in weight, the breast milk is probably not sufficient in quantity, *not quality*. It may then be necessary to give a cow's mixture *after* nursing (do not omit the nursing, to do so may help in drying

BABIES

up the breast). Babies should not be nursed oftener than every three hours, the four hour interval probably being the best. The baby should be trained to go without nursing from 10:00 P. M. to 6:00 A. M. as soon as possible. This insures a good night's rest for both mother and child. Regularity pays and the habit can easily be formed. It adds to the comfort of both the baby and the mother. Nursing at both breasts at each feeding may be advisable if the supply of breast milk is low. In no case, however, should the *total* nursing period exceed 30 minutes (20 minutes being the average), as the baby receives practically nothing after that time.

The average normal baby gains from 4 to 8 ounces per week during the first 6 months of life and 4 to 6 ounces during the second 6 months, doubling its birth weight by the end of the fifth month and trebling it by the end of the first year.

If additional nourishment is required it can usually be supplied by giving a modification of cow's milk. Simple cow's milk mixtures are on the whole superior to the widely advertised baby foods. The latter are often poor balanced, being too rich in sugars and starches, and if given over a long period of time usually result in nutritional disturbances. Their use furthermore involves a needless expense with no added advantages. All the milk formulas should be boiled for 2 or 3 minutes. Contrary to a rather popular conception, it has been proved that *boiled milk* is more easily digested than raw milk, and it is much safer. Milk should be obtained from tuberculin tested cows, if possible.

Constipation during the early months of life is very common, and unless extreme is not abnormal and does not affect the health of the child in the least. Unless the baby is very much distressed, there should be no interference on the part of the mother until 48 hours have elapsed. A small suppository or enema will then be all that is necessary. The common practice of "doing something" every day for the baby's bowels should be avoided; remember that *a baby does not necessarily have to have a bowel movement every day*, and if let alone the bowels will probably regulate themselves in time. To use suppositories, enemas or laxatives daily will only aggravate the constipation. A little prune juice may be given after the third month if necessary.

Vitamin—Orange juice, because of its vitamin content, should be given after the third month, beginning with one teaspoonful of the strained juice morning and evening, and increasing gradually to one tablespoonful twice daily. It usually has no influence on the bowels. Either fresh tomato juice or the juice of canned tomato (factory canned, vacuum process, not home canned) is quite as satisfactory as orange juice for this purpose. Peach juice, cherry juice, grape juice, currant jelly, berry juice, or pineapple juice, may be substituted for part or all of the time, the juice of fresh fruit only. A teaspoonful or two of any such fruit juice or of fresh apple juice, apricot juice or pear juice should be given bottle babies every day at the age of

Personal Hygiene—The care of the body—is most important. A woman should have good habits of eating, sleeping, bathing, and exercising, and of elimination, which means getting rid of the body's waste products.

1. Take outdoor exercise every day.
2. Sleep with windows wide open at night.
3. A little orange juice, with or without dry toast, eaten before rising.
4. Eat only light, easily digested food.
5. Omit fluids from your meals while the nausea persists, and only drink them between meals.

Exercise and Fresh Air—From one to two hours should be spent in the fresh air each day, preferably in walking or in some other form of light exercise. Light housework is an excellent form of exercise, but the expectant mother should never be over-fatigued; and it is well for her to lie down once or twice a day for a nap, with her feet elevated if there is a tendency for the veins in the legs to enlarge. In the later months of pregnancy she should avoid all heavy work, excessive use of the sewing machine, and heavy lifting. These may bring on miscarriage.

Constipation—Constipation is a frequent attendant on pregnancy, especially in women who live and lead a sedentary life. Although constipation is generally less injurious than a too relaxed state of the bowels, it may occasion many inconveniences, and should be remedied as far as possible.

The bowels should move at least once every day. If constipation is troublesome, as it is likely to be in the later months of pregnancy and does not readily respond to proper diet and exercise, these measures may be supplemented by the use of mild laxatives.

Causes—Constipation in pregnancy is generally referred to as the pressure of the enlarged womb upon the bowels; but it is often due to inactivity of the bowels, consequently the increased action of the womb, diverting nervous and vascular forces from adjacent organs. Neglect of sufficient out-door exercise and indolent habits, for which pregnancy is supposed to be a justification, may also give rise to constipation.

Treatment—While you do not have to "eat for two" you must get rid of the waste products for two. Therefore, guard against constipation. Endeavor to overcome constipation by:

1. Taking proper food (as suggested above).
2. Drinking plenty of water, especially before breakfast.
3. Going to the toilet at the same hour each day.

If attention to the above fails to produce regularity, cook prunes in the following manner: Put two tablespoonsful of senna leaves in one quart of boiling water and let stand for two

be gradually increased until the baby is taking from 5 to 6 ounces of water daily.

Boil a pint of fresh water every morning, put it in a clean bottle, and keep in a cool place. Do not give the baby ice water.

DIET FOR NURSING MOTHERS

The diet for a nursing mother should be appetizing, nutritious, and laxative. As a rule, she may follow her choice of food, avoiding foods which she has learned disturb her digestion, as these will disturb the baby.

If the milk is scanty, a more generous diet is indicated. She should take more fresh milk, eggs, fresh vegetables, ripe fruit, nourishing liquid food, and drink plenty of water, avoiding tea and coffee and all alcoholic preparations or patent medicines.

Constipation should be guarded against. Fresh fruits are laxative. So are bran biscuits or bran added to the whole-wheat flour. Whole-wheat bread is more nourishing than white bread and does not constipate. A glass of hot water the first thing on rising in the morning has a beneficial action on the bowels.

The following diet is recommended for mothers:

All kinds of soup.

All kinds of fresh fish, boiled or broiled.

Meats, once a day—beef, mutton, lamb, veal, ham, bacon, chicken, or turkey.

Eggs—freely, one or two each day.

All cooked cereals with milk and cream and sugar.

All stale breads, avoiding fresh bread and rich cake.

All green vegetables—peas, string beans, asparagus, cauliflower, spinach, white and sweet potatoes, celery, lettuce, and other plain salads with oil.

Desserts of plain custard or pudding; ice cream; no pastry. Fruits should be taken freely—all ripe raw fruits and cooked fruits.

Drinks—milk, buttermilk, cocoa, and plenty of water—1 or 2 quarts daily; tea and coffee sparingly, and not strong, once a day. No beer or other alcoholic drinks.

Advice to Nursing Mothers—Keep yourself well. As long as you are well the baby will be well.

Mother's milk contains the proper elements of food in the right proportion for the baby.

Even though you have but little milk at first, do not get discouraged. Be patient and try again. Do not give up nursing the baby; if necessary, feed the baby a little from the bottle after nursing.

The nipples should be washed in clean boiled water or boracic solution before and after nursing, and kept clean and dry.

Remember—The first teeth of the infant, or the milk or deciduous teeth, as they are called, must come from the lime present in the mother's blood streams more than from any other food substance. It is for this reason that the infant's teeth-forming period depends entirely upon a good milk supply.

Milk for infants is a complete, entire whole food. The leading ingredient of milk is the mineral salts found in large quantities—principally calcium. When the milk is processed in some form or another—superheated, its vitamins destroyed and the mineral salts extracted—it becomes a starved milk.

The blood must have calcium at any expense. The easiest way to get calcium, when the diet is poor, is to rob the teeth. Consequently, we suffer from teeth decay.

The surest way to build up good teeth in early infancy is to furnish a whole, natural, raw certified milk. Such a milk, you may rest assured, is not processed and gives the child all the necessary health ingredients.

Mother's milk, of course, comes first, but a certified cow's milk is nearly as beneficial.

The next factor responsible for dental decay in early infants is inheritance. When the mother has been on a diet consisting mainly of a refined and processed foodstuffs, excessive quantities of coffee, meats, fish, cakes, pies and pastries, etc., all of which rob the body of its vital mineral salts, the consequences are that she cannot impart to her child the necessary alkaline substances to build a good firm teeth foundation.

The child, therefore, is born starved for the mineral salts, and as is usually the case when he is placed upon bottle feeding the starvation process continues.

We must look to both of these factors—a good milk supply and inheritance—as the means to combat the tendency for teeth decay in our children. (See page 968 for Calcium Foods.)

Toothache—Clean cavity of all debris; pack decayed tooth with a bit of absorbent cotton with oil of cloves or 5 per cent phenol in glycerine. Consult dentist always.

Best Foods to Develop Healthy Teeth in Children—Strong, healthy teeth are the result of:

1. Good Nutrition—with special emphasis on attention to Health and Proper Food of the expectant and the nursing mother, the pre-school and the school child.

2. Thorough Mastication—a first aid to good digestion, also necessary for jaw and tooth development in early life and for maintaining health of teeth and surrounding tissues all through life.

3. Adequate Prophylactic and Dental Care—thorough cleaning of teeth after each meal and before retiring. Clean a child's teeth as soon as they appear. Regular visits to dentist beginning at two and a half years.

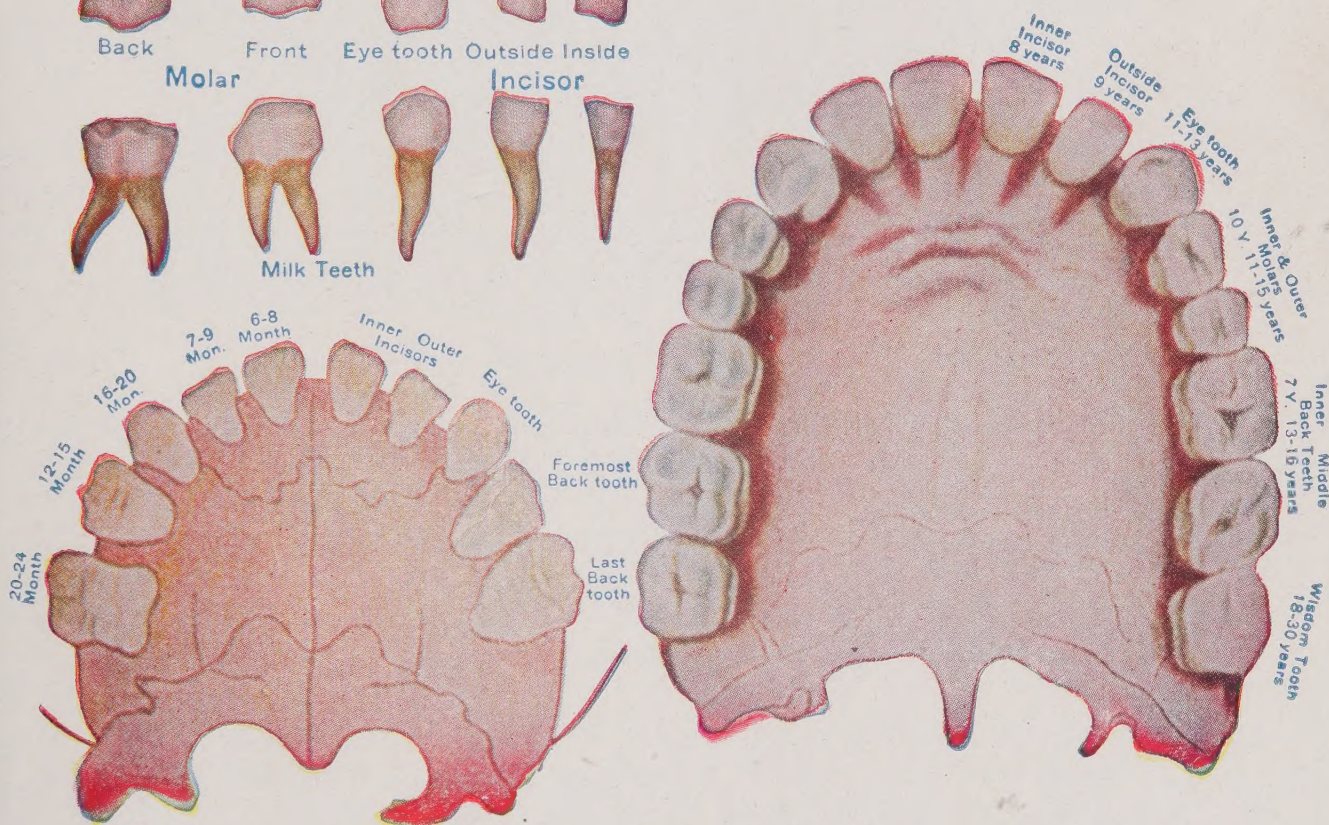
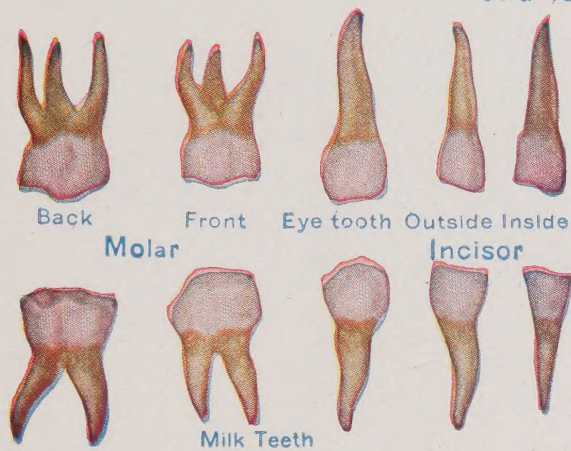
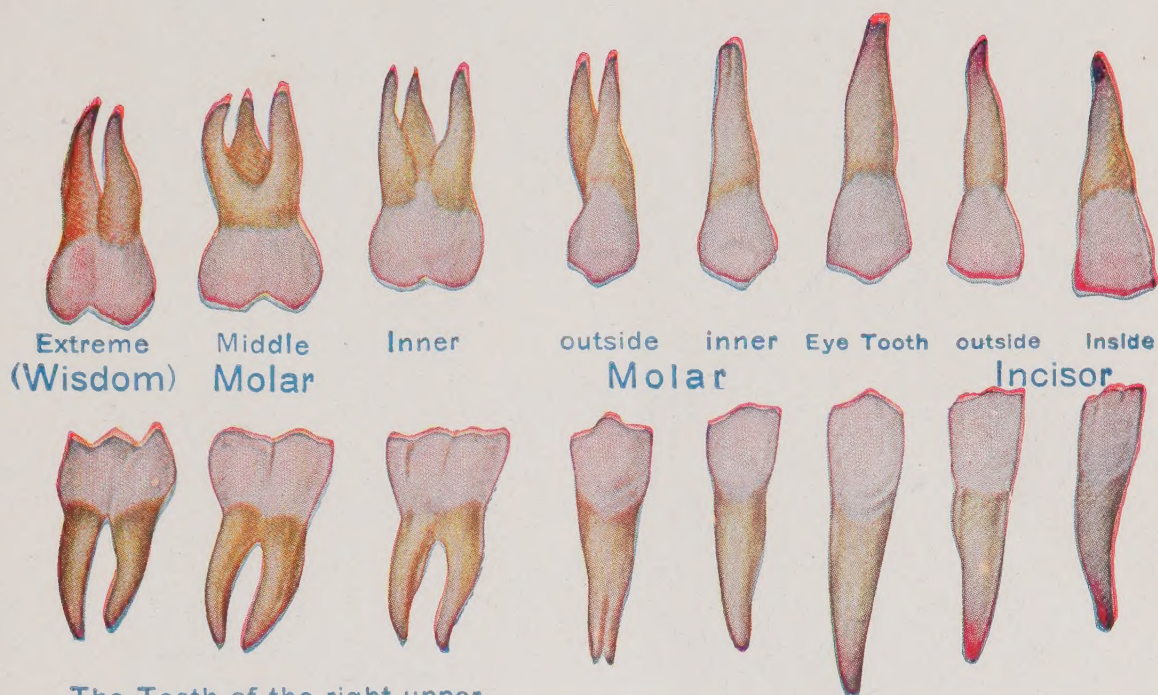
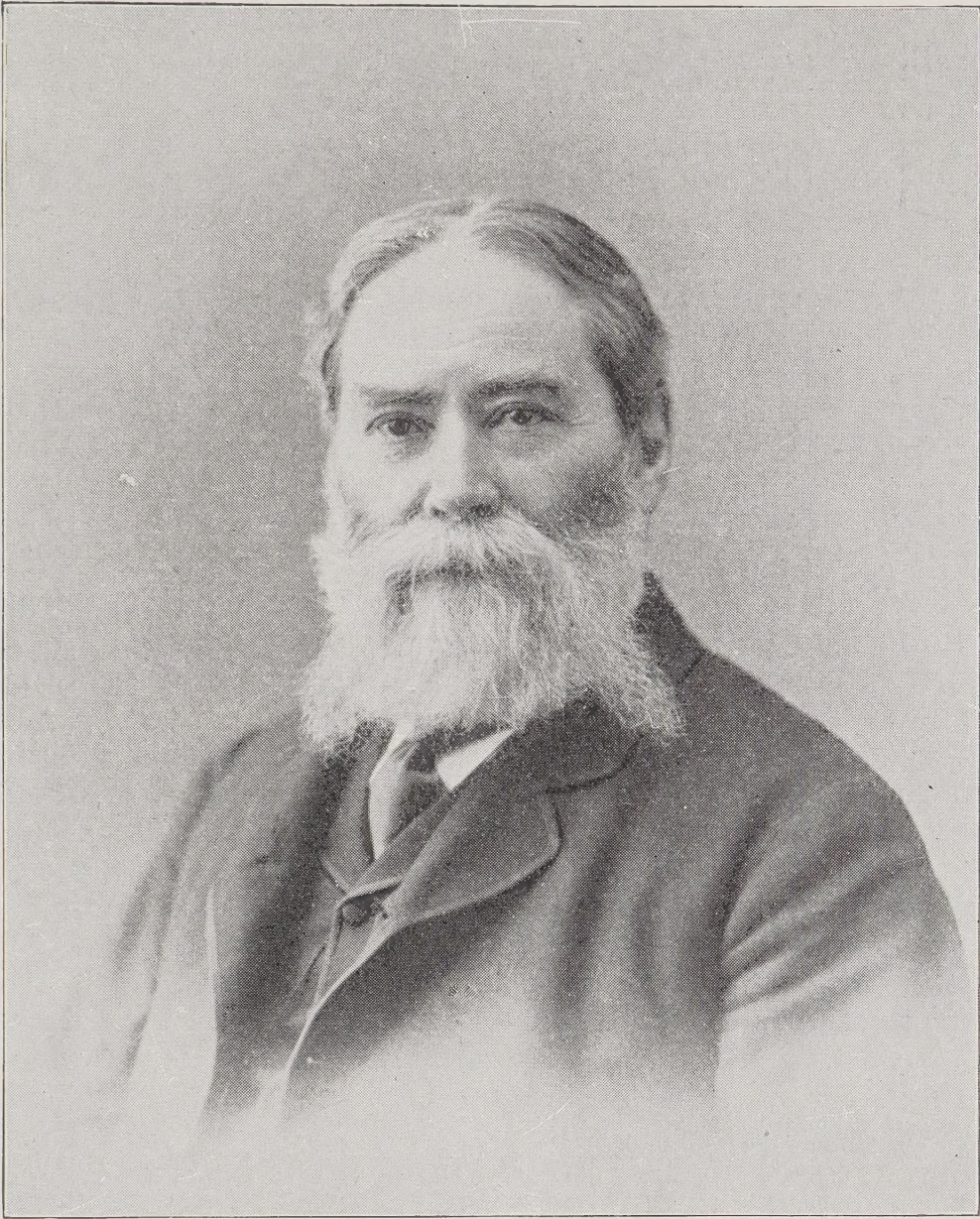


Plate showing the full set of teeth of the adult, also the first teeth of the child.



JAMES RUSSELL LOWELL, M. D.

PARENTS CAN HAVE THEIR CHILDREN BORN WITH NOBLE GIFTS

On this subject Dr. Lowell wrote: *"Previous to the conceptional period more can be done for the coming child than can afterwards be done in years of school or college."*

This is the time to endow the coming child with intellectual capabilities—imparting to it either brilliancy, mediocrity or stupidity.

The law that brought into being, from among the common ranks of life, such men as Benjamin Franklin, Lincoln, Bismarck, Gladstone, Napoleon and hundreds of other gifted individuals, will do the same for all who comply with the simple, natural law.

Nature never works by chance. "The God of nature works through eternal law." See pages 803-813.

Reproduction in Plant Life—In many forms of plant life the flower contains the reproductive organs. In its center is a single organ called the pistil. Around it are several short stems, called stamens, on the top of which is the yellowish dust, or pollen. At the base of the pistil is a receptacle, called the ovary, in which are minute germ cells, called ova. Cells of a different kind develop from the pollen. The ova may be spoken of as the female cells, and the cells which develop from the pollen as the male cells. When the flower is in full bloom it is ready to do its part in reproducing the plant. As bees fly about from one plant to another they carry pollen from flower to flower. Part of this pollen is brushed off on the tops of the pistils. Germ cells from the pollen go down through the pistil into the ovary, where they fertilize the ova; that is, they make the ova capable of growing. After the ova are fertilized, they slowly develop into seeds. The upper part of the flower dies and drops away. The ovary becomes a seed pod, in which several fully matured seeds can be found. These may be kept through the winter.

Reproduction in Animal Life—The salmon of the Pacific ocean furnish interesting examples of reproduction in animal life. In the spring they swim into the rivers and find shallow, sheltered places for nests. There the female lays a large quantity of eggs. She then swims away and the male comes to the nest and deposits from his body a quantity of fertilizing fluid, containing cells called sperms. Thus they work back and forth until the female has laid several thousands of eggs. Many are fertilized by the sperms and develop into young fish. The male and the female, however, are exhausted by the process of reproduction. They drift down the stream in a helpless condition and very few ever reach the ocean alive. They give up their lives in producing their young.

Reproduction in Human Life—Human reproduction is similar in many ways to reproduction in the flower. Inside the human mother's body are minute germ cells called ova. In the male sex organs other minute germ cells, called sperms, develop. When a sperm cell comes in contact with an ovum inside of the mother's body, it fertilizes it, thus making it capable of growing. It slowly develops, being constantly protected by the mother's body and continually nourished by the blood from her heart. It slowly takes the form of a human being, until, after nine months of growth, it has sufficient strength to live without the direct protection of the mother's body, and then is born a new human life into the world. Both before and after birth the mother sacrifices much for the new life.

The Superiority of Man—Reproduction in plant life is largely dependent upon the action of bees, the wind and other natural forces. In animal life, reproduction is almost automatic. The salmon simply obey the reproduction instinct when the springtime comes. Man has the reproductive instinct, but he has acquired the power to control it to a far greater extent than have the animals.

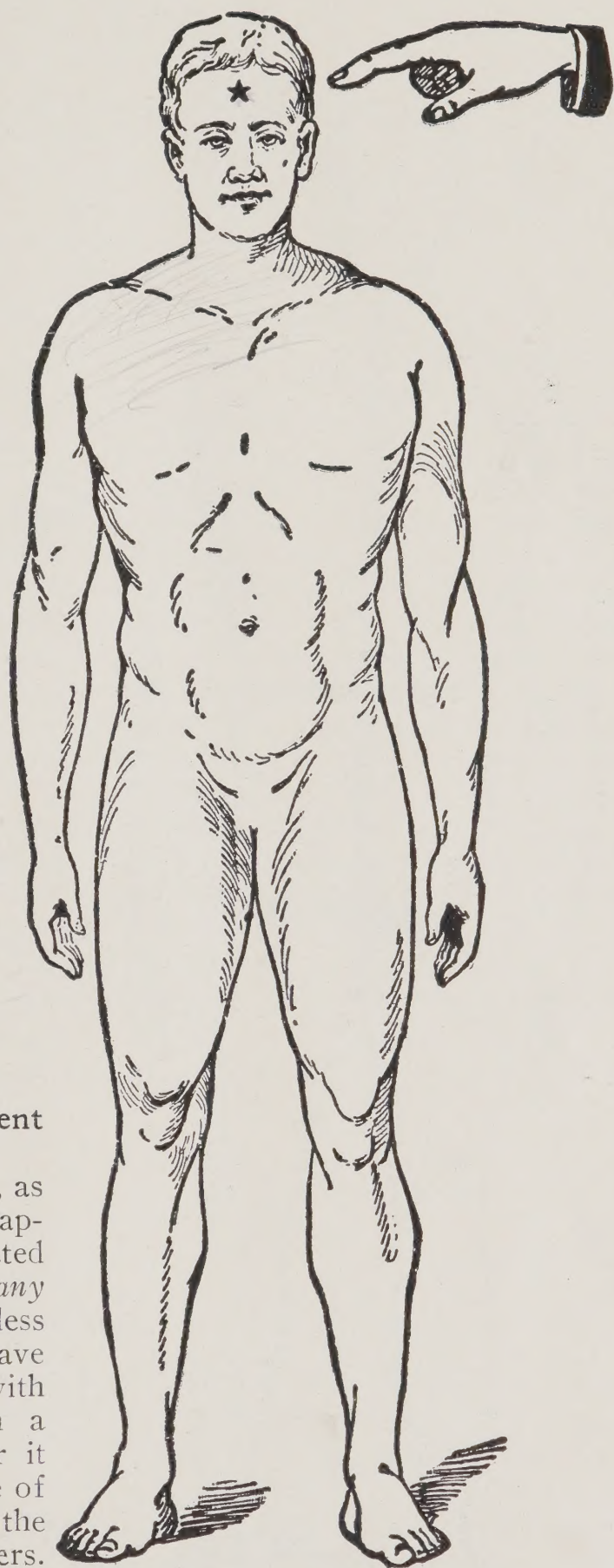


Fig. 11
NEURALGIA

**A Speedy and Permanent
Cure for Neuralgia**

Black pepper and egg, as given on page 703 and applied at the point indicated in this figure, will cure *any* case of neuralgia in less than *one night*. I have cured numerous cases with it and never failed in a single instance, whether it was a recent case or one of years standing. Apply the remedy to the nerve centers.

Illustrated treatment by Dr. S. Asada, the renowned Japanese physician.



Fig. 27.

CONSTIPATION.

Olive or Sweet Oil a Cure
for Constipation.

A very young child should under no circumstances ever be given a cathartic. Sweet or olive oil applied externally, at the points shown in this illustration, will have the same effect as an internal cathartic, and without any of the injurious effects of the other. If every cathartic that was ever invented was cast in the deep sea it would be infinitely better for the people, but worse for the fishes.

This disease consists in an inflammation of the lining membrane of the bronchial tubes, or air passages. Persons who are in the habit of speaking much, or singing, are very liable to it, especially in cold weather, or in changeable climates. It may be either acute or chronic. The *causes* are the same as those of inflammation of the lungs, and, where there is a predisposition to it, long or loud speaking or singing may bring on an attack.

Remedies—1. A decoction of the seeds of the common sunflower gives great relief, in a great majority of the ordinary cases of bronchitis, and many permanent cures have been made by this remedy alone. To effect a cure from its use, requires time and patience. It will be found a pleasant and reliable remedy. It has been prepared in the following form, and in some cases it acts better when given alone: Bruise any quantity of the seeds, and add strained honey enough to cover them. Simmer for one hour, strain, and, when cold, add one teaspoonful of the tincture of bloodroot to each teacupful of the honey. Dose, a teaspoonful, four or five times daily. This is not excelled for any form of bronchitis, and has been the means of curing many cases. Tinc. of aconite in drop doses, every hour, for four or five hours, will abate the fever and irritation.

2. A hot mustard foot bath administered to the patient in bed, never sitting up. A homemade mustard paste, two-hand size, applied to the chest, watched, and removed as soon as the skin underneath reddens distinctly. For children a rubbing of the chest with freshly prepared camphorated oil instead.

Large drinks of hot lemonade or any other wholesome hot beverage.

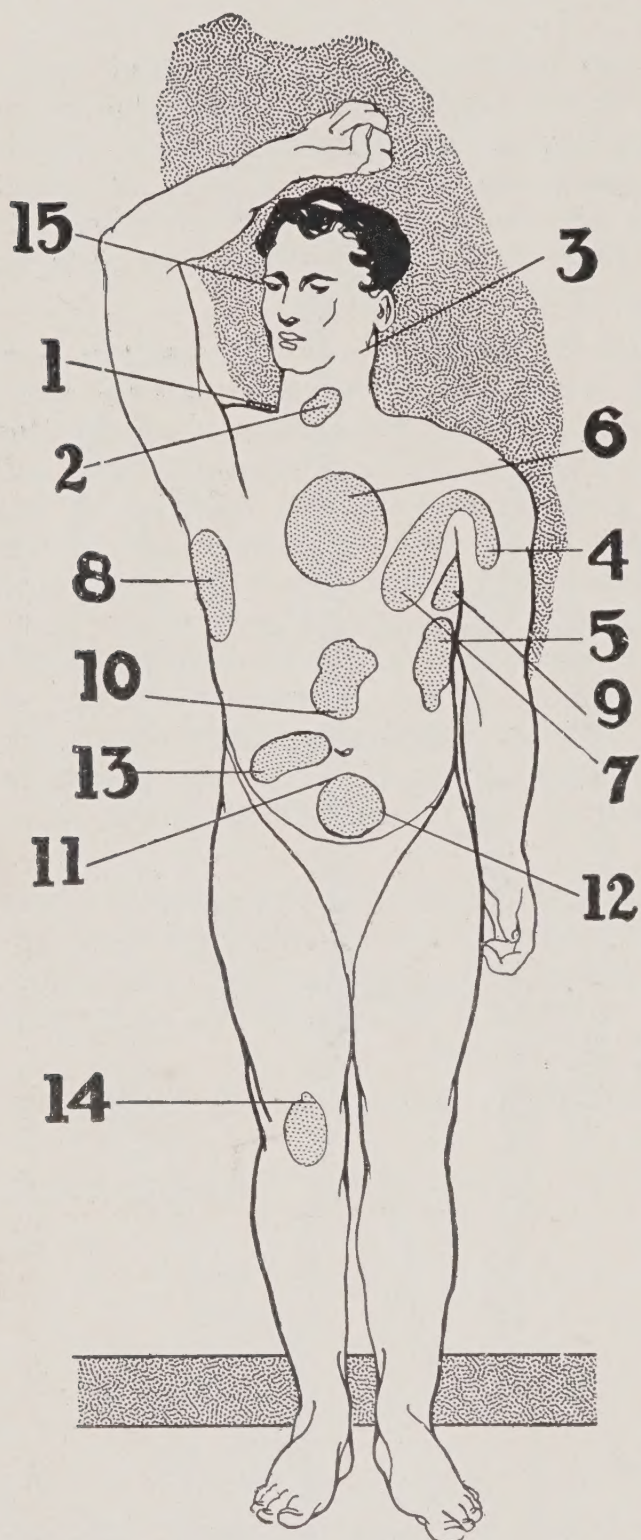
3. Regular doses every two hours of the following cough medicine:

Citrate of soda.....	1 ounce.
Glycerin	1 ounce.
The juice of a lemon:	
Whole flaxseeds	1 teaspoonful.
Water	1 pint.
Spirits (oil) of peppermint.....	4 drops.

Steep the flaxseed in the water not over half hour (do not boil). Strain, add the other ingredients. Sweeten, if desired. Dose—For an adult, a tablespoonful; for child, a teaspoonful every two to four hours, for two days.

4. The ideal counter irritant for young children and babies is camphorated oil and make your own preparation so that it will be fresh and good, by crushing the camphor into powder and dissolving it in hot oil, either sweet almond oil (sweet oil) or olive oil, as much as the oil will take up while hot, and then some, so that a little camphor settles at the bottom of the bottle. This may be

Diagnosing Chart



1. Neuritis. Page 105.
2. Tonsilitis. Page 106
3. Mumps. Page 470
4. Heart Disease (angina pectoris). Page 217.
5. Pleurisy. Page 256.
6. Bronchitis, or inflammation of bronchial tubes. Page 77.
6. Tuberculosis. Page 87.
7. Heart Disease. Page 217.
8. Neuralgia. Page 245.
8. Inflammation of Liver (Hepatitis). Page 225.
9. Pneumonia or inflammation of the Lungs. Page 259.
10. Disease of Stomach. Page 227.
10. Gastritis or Stomach trouble. Page 716.
11. Inflammation of lining of Abdomen. Page 223, or Tympanites. Page 311.
12. Inflammation of the Bladder. Page 231.
12. Peritonitis. Page 223.
13. Appendicitis. Page 98.
14. Creaking of Knee. Page 720.
14. Rheumatism. Page 263.
15. Spanish Influenza. Page 96.

The shaded portions in this chart indicate the location of the pain and the numbers refer, in the text, to the source of trouble.

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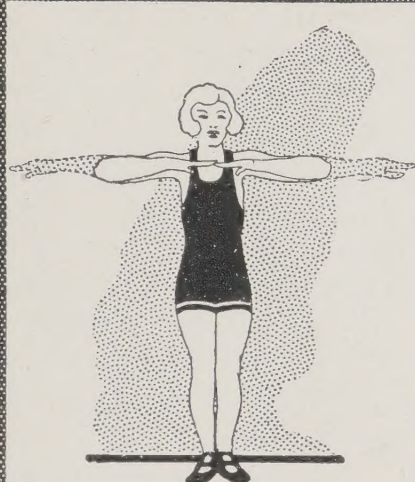
Fig. 1. From Position bring hands up and outward in wide circle until backs of palms reach overhead, inhaling as you bring hands up; exhale as you bring them down. Do slowly five times.

Fig. 2. From Position bring hands to shoulders, fingers turned in; knuckles out; elbows close to body. Do five times.

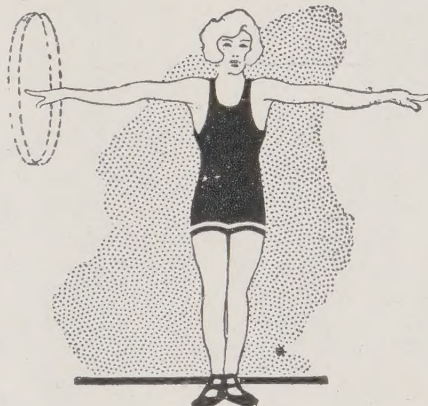
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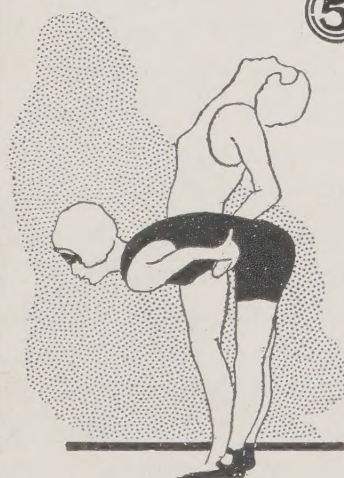


Fig. 3. From Position bring hands up to almost straight line on chest, elbows in line with shoulders, wrists straight, palms down, fingers nearly together; fling arms out wide. Back. Do five times on sharp command.

Fig. 4. From Position extend arms full length; keep rest of body firm; begin to make circles with extended hands and arms; begin with small ones and increase to circles of as large dimensions as you can.

Fig. 5. Assume good standing position, bend trunk forward until it is at right angles to legs; exhale on downward move; back to position, inhaling.

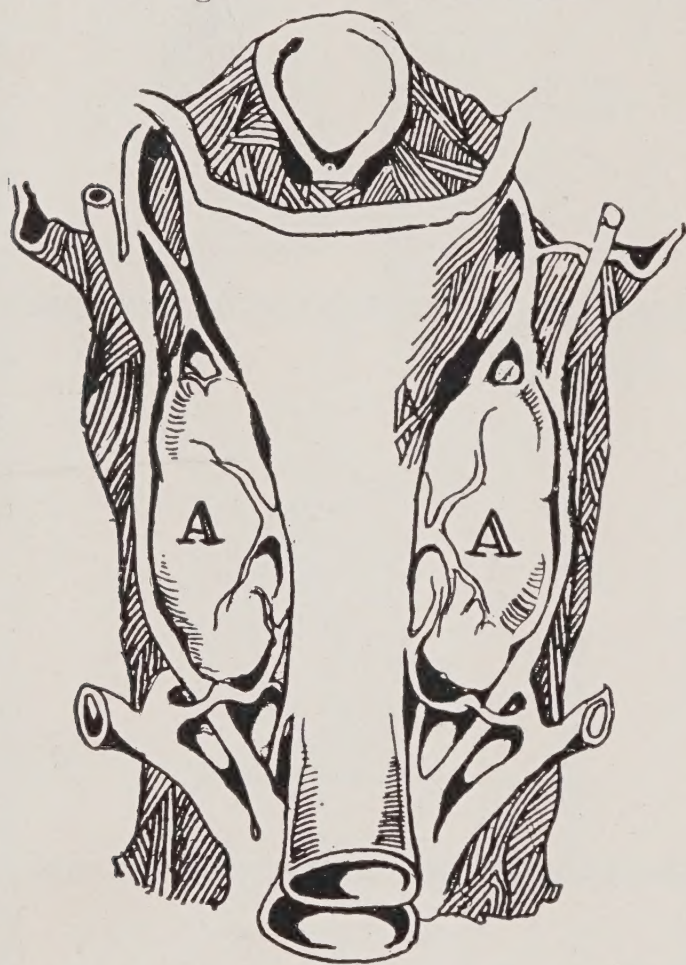
CONTROL OF THYROID (Goiter)

The power to control the activity of the thyroid gland, which is said to be the gland which controls growth, as explained by Dr. Starr of Toronto, Canada, who is one of the leading surgeons of the dominion.

Goiter may be prevented if fish and other sea food occupy a place in the diet of people living inland or in mountainous countries where goiter is most prevalent. We urge the more frequent

use of sea food in the dietary as a natural means of supplying iodine, which the body requires for perfect health. Perhaps all iodine comes originally from the sea. Lobster contains 200 times as much iodine as beef or milk; shrimp 100 times as much; crabs and most sea fishes fifty times as much. These are important facts to be considered by people living in goitrous regions. They are facts established by chemists of the government.

Iodine treatments are effective agents against external goiters. Better care of expectant mothers will cut infant and maternal mortality and will give America a sturdier race.



How the Thyroid Gland Appears on Each Side of the Thorax and Windpipe in the Front Part of the Neck

Dr. McLendon at the University of Minnesota has recently contributed further proof that simple goiter is due to a deficiency of iodine in the soil. Iodine is fairly soluble. Therefore, the amount of iodine in the water of a region is a fairly good index of the amount of available iodine in the upper layers of soil.

There are three agreeable methods of using iodine. In a great many of the Swiss schools each pupil approaching the goiter age is given an iodine chocolate in the schoolroom each day. A second method is to add a little iodine to the table salt and to have every member of the family use it just as ordinary table salt is now used. Both iodine chocolate and iodine table salt are now on the American market.

DIVISION SIX.

MANUAL FOR LADIES.

GUIDE TO HEALTH.

Medical advice and other valuable information is given in this department for every period of woman's life, from girlhood to old age.

It is well known that through delicacy and modesty, women often let diseases and difficulties run too long; and they often, too, want counsel and advice, and various little remedies, and don't always want to incur the expense of going to a physician for them.

This division of the book imparts to the maid, wife and mother a summary of facts they need to know, or should know, concerning the various conditions and periods of life, from girlhood to old age; ignorance of which has consigned many either to premature graves or left them invalids for life.

The young wife is here instructed as to the signs and indications of conception, and all the peculiar phases of gestation, and it is shown how the mother has it within her power to absolutely mold, by use of the knowledge imparted in this book, the disposition of her future child, and predispose it to gentleness and all other lovable qualities.

It is of peculiar importance to the young and inexperienced mother, giving her a practical insight into and understanding of duties of vital importance both to herself and child, which can only be learned otherwise by painful and hazardous experience.

It gives pithy and pertinent instructions for the care, culture and training of children; it teaches the mother how to alleviate their ailments without the use of pernicious drugs, and rear her children in health and vigor—availing herself, when necessary, of such simple, harmless home remedies as modern research has shown to be ample and sufficient.

The subjects treated in this book bring within its comprehensive range almost every subject on which women desire information in their physical and social relations of life.

A PARTIAL LIST OF THE DISEASES OF WOMEN and other important subjects.

Falling of the Womb.
Inflammation of the Womb.
Ulceration of the Womb.
Leucorrhea or Whites.
Change of Life, Critical Age.
Suppressed Menstruation.
Painful Menstruation.
Excessive Menstruation.
Proper course to pursue during Pregnancy.
How to render Child-birth painless.
Who should be present at the birth of the child.
How to act in the absence of a physician in Child-birth.
Instructions every woman should know in regard to conception.
Disorders in pregnancy and how to alleviate them.
Fainting and hysterical fits.
Vomiting during pregnancy.
Colic.
Cramps.
Headache, Dizziness, Etc.
Pain in the breasts.
Mode of telling in advance when the birth of the child will occur.
Table showing exact number of days of gestation.
How to remove barrenness.
Preparations necessary just before Labor Pains.
How to stop Flooding.
Miscarriage or Abortion.
How to prevent Miscarriage.
How to recognize Pregnancy.
Only one sign of Conception reliable.
How to determine the sex of the child before birth.
How to regulate the sexes at will.
Gathered breasts.
Child-bed fever.
How to check the flow of milk.
How to produce a flow of milk after it has been checked.
How to prevent involuntary escape of milk.

ESPECIALLY for LADIES

AND

PROSPECTIVE MOTHERS

“**V**ITALOGY” being a *home* and *family* book, the publishers have studiously avoided inserting cuts and material that would prevent its *general use*, but the *great importance* of “*Reproduction*” makes it necessary that every woman familiarize herself with the subject, therefore a separate book—*especially prepared*—with various cuts and plates (30 or more), with proper explanations will be given to each purchaser of “VITALOGY.”

This *special book* is worth, to every intelligent woman, more than the *cost* of “VITALOGY” itself.



Should our representative fail for any reason to speak of this *special feature*, if interested remind him, and full explanation will be made.

“KNOW THYSELF.”

Inasmuch as a general knowledge of the *structure* of the *body* is so advantageous (whether you doctor yourself or not), the book contains a fine MANIKIN, showing all the VITAL ORGANS of the body, in their true *relations* to each other—comparative size, and *natural color*—thus enabling you to tell what organ is affected in the case of an *ache* or a *pain*.

The Manikin of the Head

is so *simple* and *nicely arranged* that one not only sees exactly how the brain, the seat of all our knowledge, looks, but it shows how the *nerves* all *center* there, nerves of the eye, ear, nose, teeth, etc. Shows the nasal cavity and passages, where people have *Catarrh*; gives a *bi-section* or *half-view* of the head, showing how the spinal-chord connects with the brain, and illustrates the whole process of swallowing.

It is very interesting and instructive.

SPECIAL NOTICE!

The Association

urge your *careful examination* on this "Booklet" (Every page and line has its value).

The Best Authority in the World

Gives us the secrets for *battling disease*, preserving *life* and *health* and *saving money*.

This "*Booklet*" is only a few leaves from the book itself, which contains nearly ONE THOUSAND PAGES.

A low *introductory price*, within the reach of all, is now being made, and an opportunity given to secure it on *easy installments*, if desired.

NOTHING CAN PROVE OF GREATER
VALUE IN YOUR HOME

Learn how to take care of the body and thus avoid many of its ills.

THE ASSOCIATION.

to this disease continues, every kind of excitement should be restricted or avoided altogether.

The treatment varies with the cause, but relief will be afforded by rest in bed, copious hot vaginal douches, glycerine tampons and moderate purgation.

CHANGE OF LIFE—MENOPAUSE

The cessation of the menses commonly occurs in this country between the fortieth and fiftieth years, generally about the forty-fifth; but like the first appearance, its termination varies in different women, and is in subordination to the temperament, constitution, climate and habits of the individual. There is usually some relation between the periods of the first and last menstruation, for the cessation occurs at a late period when the first appearance was wanting in precociousness.

Value of Self Knowledge—The difference between going through life adequately equipped with knowledge concerning the important functions of one's own organism, and blundering along in abject ignorance, may be compared to the difference between traveling in the daylight on an open thoroughfare, and going through a pathless thicket in darkness.

Flushes—Among the most prevalent symptoms of the menopause are flushes of the head and neck, and to an extent of the whole body, or various parts of the body. Closely allied to this is the tendency to heat flashes. Both symptoms are caused by irritation of the heart and congestion, during this period.

These flushes come on very suddenly, and when they occur the woman feels her face or body grow hot and red, lasting from a few seconds to several minutes or longer.

Perspiration usually accompany or follow the flushes, and later a feeling of chilliness may manifest itself.

The occurrence of these symptoms is subject to wide variation. In some women they occur many times a day; in others at intervals of several days. There is also considerable variation in the intensity, from mere annoyance to a decided distress.

Menstrual Irregularity—Fluctuations in the menstrual activity may be an early and lasting symptom of the menopause. The irregularity may be either with respect to the duration of the menses or of the intermenstrual intervals, or both, and also in the quantity of the blood lost.

If only very slight changes are experienced, perhaps skipping a period or two, and soon finding the menopause established, the woman is fortunately free from the annoyances of long drawn out menstrual irregularities. Sometimes these fluctuating periods last for a great many months, even years.

When the menstruation is habitually very profuse, the condi-

should feel little or no discomfort during her menstrual period. To avoid unnecessary distress due to pressure upon the uterus, special care should be taken at this time to empty the bowel and bladder regularly. Vigorous forms of exercise such as swimming and horseback riding should be avoided, but some regular exercise should be taken. The external parts of the sex organs should always be kept clean, and free from the irritation of tight clothing. Bathing with warm water and soap is especially necessary during menstruation, but care should be taken to avoid getting chilled. If a complete bath cannot be taken, the external parts of these organs should be washed night and morning.

The Beginnings of Life

Before the egg-cell furnished by the ovary can develop into a child, it must be fertilized by the sperm or male germ-cell which is furnished by the sex organs of the man.

A union of male and female germ-cells is necessary in most forms of plant and animal life to produce new life. The male cell in the pollen of the flower must unite with the female cell which lies at the base of the flower before a seed containing the life of a new plant will develop. This union of male and female cells is called fertilization. The egg of the hen must be fertilized within the hen's body by the sperm of the rooster if the egg which is laid is to contain the life of a baby chick.

In animals such as the rabbit, cat, the dog, and the horse, and also in human beings, the sperm or male germ-cells are placed in the body of the female by the sex organ of the male, and the union with the egg takes place within the reproductive organs of the female. The fertilized egg then develops in the uterus of the mother.

With the human mother, the child grows in the uterus for nine months, fed by nourishment from her blood, warmed and protected within the body. The muscles of the uterus then contract, and the child comes down the vagina into the outer world. At that time the child has developed to the point where he can breathe for himself and take the milk furnished by special glands in the breast of the mother. The uterus of the mother returns to normal size within a few days after the birth of the child. Afterwards she should have even greater vigor and better health.

Conception—Impregnation depends upon the physical and mental condition of both parents at the period of intercourse. It is true that education and care may improve an imperfectly organized embryo, but it is also true that the qualities imparted to the germ at impregnation cling to the individual through life. The essential conditions, therefore, for the production of healthy and beautiful children, is good health and happy temperaments on the part of both parents at the time of connection. They should be free from fatigue and should observe correct rules,

DYSENTARY

The same instructions given for colitis may be used for dysentary.

Both these ailments have most of their features identical. (See colitis.)

HEARTBURN

Heartburn is a symptom of gaseous distensions. The same instructions given for the treatment of stomach gases; "Stomach Gases" are equally effective for heartburn.

Diet—Breakfast—Prune juice, nectarines, berries and honey, fresh figs, cherries, apricots, orange juice, apples, celery and raisins. Dried fruit.

Lunch (noon)—Salad of apples, avocado, banana, nuts and dried figs on lettuce. Stuffed avocado dates and nuts, shredded spinach and raisins. Combination salad of finely shredded spinach, lettuce, green peppers, and young beets steamed. Stuffed tomato with pineapple, celery and ground nuts, mayonnaise. Dried fruit.

Dinner—Watercress salad with dressing of lemon juice, honey and oil. Ground raw beets, onions and turnips with dressing of lemon juice, honey and oil. Sliced tomatoes, mayonnaise fruit salad, cantaloupe filled with strawberries and honey. Raw vegetable plate with watercress, tomatoes, stuffed celery, olives. Watermelon.

HAY FEVER

Hay fever is a mild type of asthma.

Diet—Breakfast—Fruit juice, strawberries mashed, pineapple drink, peaches, apricots, figs, raisins, nuts.

Lunch (noon)—Raw salad of watercress, tomatoes, green peppers with the dressing of lemon juice, honey and oil. Steamed beets, apple sauce, carrot loaf, vegetable soup, salad of chopped spinach, onions and tomatoes.

Dinner—Tomatoes stuffed with cottage cheese and pimiento. Baked asparagus, steamed carrots and peas, lettuce and tomatoes. Steamed spinach, creamed cauliflower, baked apple. Fruit cocktail. Baked squash, stewed tomatoes, date pudding.

THE APPLE

The Japanese Fountain of Eternal Youth and Beauty

The apple, the food of the gods, the mainstay of life in Eden, the most luscious, the most precious, most health-giving food on earth. No wonder poets in all ages have sung its praises. It is the most universal fruit, being found throughout the temperate zone of all countries of the globe.

The secret of its power lies in the malic acid and the picric acid it contains. The malic acid, which no chemist has been able

DIVISION EIGHT

MEDICAL PLANTS, OR MATERIA MEDICA

Directions How to Prepare and Use Medical Plants

In this division we give directions for preparing and using all the medical plants now known, together with their botanical description and with the addition of a large number that are new, and have not as yet been commonly employed in medical practice.

During the past ten years there have been more discoveries of medical plants and greater progress made in applying them to the cure of disease, than during any previous similar period of time. We are, therefore, now enabled to give about one hundred more medical plants than have heretofore been offered to the public. If the acquisition and presentation to the public of new and important remedies is a matter of worth and merit, then we may justly claim a superior excellence for this department of the book, over anything heretofore presented.

AGAR

Agar is prepared from seaweed. It absorbs water and swells into an indigestible mass in the intestine, acting as a natural stimulus to peristalsis or wave movement by its bulk.

ALOES (*Aloe Perfoliata*)

Part used—The inspissated juice of the leaves.

Some of the principal diseases for which Aloes is employed are constipation, suppressed menstruation, dyspepsia, thread-worms, diseases of the liver and headache. Dose, in constipation, from one-half to two grains; for obstructed menstruation, five to ten grains twice a day. Dissolving the aloes in warm water, then using as an injection, will expel the thread-worm. Aloes should never be used in pregnancy, nor by any one afflicted with the piles.

Found only in drug stores.

PINEAPPLE

(*Ananassa Sativa*)

The pineapple is a sort of complete medicine in itself. For derangements of the stomach it has no equal. It is also used by physicians in sore throat, diphtheria and croup. See page 693.





RED PEPPER

(*Cayenne Pepper*)

The red pepper remedy will end almost any case of la grippe in twenty-four hours. See page 700.

TOMATOES

(*Lycopersicum
Esculentum*)

A Cure for Cholera Infantum

No one need ever go outside the garden or kitchen to obtain the best remedy in the world for curing cholera infantum. See page 479. It is used for liver complaint.



DIVISION EIGHTEEN

VITAMINS

DIET AND CALORIES

Everybody has heard about vitamins—those mysterious things in food which nobody can see, smell or taste.

But unless we get a proper quantity of them, we are likely to be feeble, have various diseases, and may even die.

There are at least six, and each one of them has special work to do. No one of the vitamins seems to be able to take up completely the work of any of the others. Some others are suspected, but not yet proved.

Different vitamins exist in different foods; so that eating one food may leave the diet still short of some other vitamin.

No one knows for sure what the vitamins are or how they work. Two of them, Vitamin A and Vitamin D, are believed to have been isolated in reasonably pure chemical form, but even these identifications are uncertain. Probably all of them are chemical compounds of some kind, very tiny quantities of which are needed for some operation of the human body.

They probably supply no actual food values. What the vitamins do is to oil the machinery somehow, or perhaps to supply tiny amounts of chemicals needed for one of the body's vital reactions.

Although science's knowledge of vitamins is only about thirty years old, it explains many mysterious observations made in past centuries. Travelers and crews in sailing ships, for example, used to suffer frequently from scurvy, now known to be caused by the absence of Vitamin C, supplied by many fresh fruits and vegetables.

Once the Emperor Augustus of Rome was ill and about to die. He had an intense craving for lettuce, but this the Emperor's physician would not permit.

Fortunately for his life, the dying Emperor dismissed this physician and got another who would allow the lettuce. Recovery followed promptly. It is reasonably certain, modern physicians believe, that the Emperor really was suffering from some disease caused by lack of one of the vitamins, perhaps Vitamin A or Vitamin B. The lettuce that he craved supplied this missing material.

Vitamin A is the vitamin most likely to be lacking in the average American diet. Many of us tend to eat concentrated foods like meat, potatoes, bread and sugar. These are good,

but they lack Vitamin A almost completely. Larger amounts of fresh milk and green and yellow vegetables will tend to reduce the number of colds, and to prevent other kinds of germ infections.

Another vitamin which may be lacking in the average American diet is Vitamin B, which acts to prevent nervous disorders like neuritis and certain kinds of paralysis.

It is probable that any one who makes it a practice to eat one or two fresh green vegetables at least once a day will get enough of all three of these vitamins—A, B and D—for ordinary life, although possibly not to cure a diseased condition that already exists.

Vitamin C probably is rarely lacking in any normal diet of fresh foods, although it is possible that some individuals who live almost entirely on meat and potatoes may get mild scurvy-like disorders.

Lack of Vitamin D causes the children's disease called rickets, a softening of the bones that makes bow-legged babies with deformed chests. It has been known for generations that cod-liver oil is a cure for this disease, if administered before the bone deformities become too great. The reason for this is that the oil or substance of the majority of animal livers is rich in Vitamin D. Egg yolk is another food that contains this vitamin plentifully, and children who eat plenty of fresh eggs are unlikely to develop rickets, which doubtless is one reason why this disease never was common among country children.

Vitamin A—Those who have colds and are run down probably need more Vitamin A. It enables you to resist certain afflictions of the eyes (xerophthalmia), sinuses, ears and kidneys. Without it your resistance to infections of the skin and mucous membranes is lessened. This vitamin is stored in the body and is especially needed by growing children. It is found in raw milk, cream, evaporated milk, butter, cheese, egg yolk, raw carrots, cod liver oil, bananas, pineapple, apricots, avocados, yellow turnips, yellow corn, Hubbard squash, oranges, prunes, green peas, lettuce, canned and fresh tomatoes, sweet potatoes. All of the yellow and green vegetables are good sources.

Vitamin B—This vitamin is not stored very long in the body. Consequently, some of the foods containing it should be eaten regularly. It is needed for a good appetite, and a lack of it brings about a loss of weight and energy. It is vital to the health at all ages. This vitamin has lately been found to consist of two vitamins which are named B1, or F vitamin, and B2, or G vitamin. B1 is destroyed by heat. B2 is relatively unaffected by heat. B1 prevents the disease beri-beri in humans. A lack of it may bring on nervousness and spasms. B2 is a vitamin

DIVISION NINETEEN

RELATION OF FOOD TO HEALTH AND DISEASE BODY and FOOD CHEMISTRY

Health is the first consideration of every family. To preserve your health properly select your food.

We are what we eat. Our bodies are made of the food we had yesterday, the day before and the countless other days before, from the time of our birth and even prior to that.

It is impossible to build a good quality body on a poor quality food. We cannot eat what we please and keep in good health. This should be understood by everyone.

In exactly the same sense, it is an utter impossibility to either secure or maintain good health on a poor diet.

There are many diseases of mankind, which at some time or other, can be traced to the fallacies and the foolishness of diet.

More and more, modern investigation and research are discovering that certain foods have either a definite health value or are clearly productive of disease.

For instance, meats have long been known to injure the kidneys, to create skin eruptions and retard normal bowel elimination. White flour products, including hot cakes, doughnuts, muffins, etc., are known to ferment in and to irritate the digestive system.

They are the most fertile causes for the production of gas, heart-burn and abdominal pressure, ultimately producing such serious diseases as tumors, cancer, ulcers, chronic catarrh, constipation, nervousness, headaches.

The host of stimulants in the form of coffee, tea and soft drinks takes its toll of health and vitality.

Tea and coffee, like all other stimulants, induces a reaction of lethargy, nervousness, insomnia, gastritis and constipation.

When we learn to build our bodies with the same careful precision and the same scientific accuracy with which the modern builder constructs his houses, automobiles or boats, then diseases due to wrong diet will be reduced to a minimum.

As a matter of fact, most of our health problems, get back sooner or later to diet.

"More and more, I am impressed with the fact that the great health need of the average man is prevention rather than cure. The more we learn about health, the less we need to know about sickness."—Dr. Bundesen, former Health Commissioner of Chicago.

OF WHAT MAN IS MADE

Nature intends everyone to be normal—to enjoy perfect health. If you are otherwise, the cause is now conceded to be some deficiency in one or more of the following elements.

The cause of nearly every ailment and disease is lack of some of the body elements, of which there are sixteen in number, each with a great work to do, such as:

Oxygen	Sulphur	Hydrogen	Phosphorus
Iodine	Sodium	Nitrogen	Calcium
Iron	Silica	Potassium	Magnesium
Carbon	Fluorine	Manganese	Chlorine

Repairs of our body must come from within; to get this repair our blood stream must contain the above 16 elements; when any of these elements are lacking it means disease.

The following pages cover each of the sixteen elements, showing its mission in the body and the foods supplying it. Drugs will not supply these elements to the blood stream. All the body's elements must be supplied by eating food containing them, and it is hoped you will heed this advice.

There has been many attempts in the past to feed the crude elements, such as iron, calcium, iodine, etc., to human beings as medicine and food. It is now conceded that these minerals must first be organized by the vegetable kingdom before they can be converted into a healthy cell structure within the human body. The millions of small, root-like villi of the small intestines are roots for sucking up the nourishment out of the vegetable and animal food, and the blood passing through these villi carries the nutrition to all parts of the body.

Since the body is built from the food which is eaten, it is necessary that the best be selected. The elements of which the body is composed, such as oxygen, carbon, hydrogen, nitrogen, calcium, etc., practically all these mineral elements are found in every food as it is found in nature, but, of course, some foods are richer in certain elements than others.

Each element plays some special part in the growth and functioning of the body; some build hair, some nerves, some bones, some are used to produce energy. If any element is not supplied to the body in sufficient quantity, a disease or weakness is sure to result.

"Health must be made a habit through education," so declared Doctor Frankel of the Metropolitan Life Insurance Company. "Most of our troubles come from wrong diet. Nearly all of us eat too fast and too much. Dietetic laws should be taught in the terms of popular understanding and our educational authorities should learn that the most important of all education problems is the problem of health."

OXYGEN

Oxygen is the life of the blood, the blood is the life of the body. A man weighing 150 pounds is 97 pounds OXYGEN; it is the most important chemical of the body.

Its lack means a general run down condition, anemia, etc., which always leads to depression and a hopeless outlook on life.

To get this most important element we need air in abundance, pure soft water, fresh vegetables and fresh fruits.

CALCIUM

Calcium gives solidity to the bone structure and a deficiency results in deformity and develops hunchback, decaying teeth, tuberculosis, rheumatism, poor memory, and little will power.

CALCIUM—(Producing Foods)

Milk	Cheese	Whole wheat
Steel cut oats	Spinach	Raw cabbage
Swiss chard	Turnips	Cottage cheese
Onions	Egg yolk	Grapefruit
Oranges	Lemons	Pineapple
Limes	Rhubarb	Garlic
Sun dried fruits		

IRON

Is a man's medicine but taken in drugs it acts as an irritant to the kidneys and cannot be assimilated by the body. Iron in the blood takes the oxygen from the lungs and carries it to every part of the body where it is needed. At birth the liver of a baby has enough iron stored away to last until the child has passed through its nursing period when it can obtain iron from its own food. Milk is notoriously deficient in iron.

A lack of iron produces anemia, lowered vitality and unhappiness. Do not use iron tonics—obtain your supply of iron from the following foods:

IRON—(Producing Foods)

Beet greens	Celery	Graham flour
Lettuce	Dried peas	Spinach
Dried beans	Swiss chard	Lima beans
Raw cabbage	Whole wheat	Steel cut oats
Whole rice	Peanuts	Molasses

HERBS, FLOWERS AND VEGETABLES THAT ARE MEDICINAL AND HEALING

If more persons would consider the medicinal qualities of vegetables, herbs and flowers—much of which may be had for the picking—and partake of them freely, there would be far less need of taking drugs, or the cost of doctor's visits and advice.

Blood Purifier—Take cabbage, brussels sprouts and cauliflower, these are the best of blood purifiers, and should be eaten very often. Spinach, "the broom of the stomach", as it is called, contains much iron, so those who are buying their iron in bottles will find the vegetable much more safe and satisfactory. Build up on vegetable iron, not mineral. Both spinach and celery are the best of medicines for those persons subject to rheumatism or gout, and should be eaten daily. For biliousness and that dizzy feeling go on a daily diet of ripe, raw tomatoes, using pepper and salt only for seasoning.

Nervousness—Beets, peas and carrots are good for nervous persons. They enrich the blood and so nourish run-down nerve centers. Thin women will be much benefited by making these vegetables part of their daily diet.

Liver—Torpid or diseased liver can be stirred to life again through a steady diet of dandelions eaten and the liquid made into a syrup with sugar to be taken in water as a beverage. It is wasting good material to throw away the water the greens are boiled in.

Digestion—A cupful of mint tea taken every morning aids digestion, and is also soothing in case of colic or summer complaint. It is refreshing, too, when a person is much fatigued. When preparing mint for teas or sauces never allow it to boil. Boiling water is poured over the leaves and then the vessel is set upon the back of the stove where the tea will brew.

Every one knows of the virtues of sarsaparilla and sloe bark dried and powdered is an excellent substitute for quinine in breaking up a cold or as a tonic.

Cold Cream—There is no cold cream made that will equal elderflowers, mixed with melted mutton fat and olive oil for treating rough hands, or the skin generally.

Skin—Camomile tea drunk warm will clear the skin as no cosmetic bought in a pot or bottle will. Most country people know the sovereign remedy for boils which is nothing but oak leaves dried and powered, then mixed with pure lard.

Cuts—The cottagers in England save all the lily leaves for healing cuts and wounds. They pick them just as they are ready to fall and put them into a wide-mouth bottle containing a very little brandy. The lily bottle is considered village property, being freely lent and borrowed, as occasion requires. The leaf is laid over the sore and tied on with a clean rag.

*“The volume of Nature is the book
of knowledge. He is most wise who
makes the best selection.”*

—Goldsmith.

READ

This **Pamphlet** is only **loaned**. **Kindly read**,
do not soil, and return when called for.

Any information desired will be courteously
furnished by our representative,

Very truly,

Vitalogy Association